



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

SEE YOUR NEWS HERE!

We want to share YOUR art, writing, events, pictures and recovery stories here! Please send anything you want to see published in our newsletter to newsletter@rsiwny.org



SAVE THE DATE! MAY 6TH 2021

We will be kicking off our celebration of Mental Health Awareness Month starting on May 6th, 2021 at 10am with Covid-Safe virtual and live "Flash Mob" events throughout the WNY area!

Follow the [2021 Mental Health Awareness Celebration and Flash Mob](#) Facebook Event Page for Details!

TO FIND OUT HOW YOU OR YOUR AGENCY CAN VOLUNTEER PLEASE EMAIL:

hope4mentalhealthbuffalo5@gmail.com



RECLAIMING OUR "WE"LLNESS

Through more than one year of social distancing, Restoration Society staff have used every means available to keep us from becoming disconnected, reaching out to people by phone, meeting outside and keeping a safe distance. As our **Snack Bar at 327 Elm Street Reopens**, as the weather warms up, and as many of us receive our Covid-19 vaccines, we feel hope that we will start to see familiar faces again! When we learn, grow, and heal together we find "we'llness!"

National Pet Month - April 2021

Mental Health Benefits Of Having A Pet:

Playing with a pet elevates levels of serotonin

Reduce anxiety and depression

Helps add structure and routine

Fulfillment

Helps people socialize

Provide companionship

They make you feel safe

Give purpose

Provide sensory stress relief

Helps decrease blood pressure in stressful situations



@RealDepressionProject

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Pete's Pet Food Pantry

1st Sunday of every month, 3pm to 4pm
No ID or paperwork required. Age 18+
96 Jewett Parkway, Buffalo, NY 14214

St. Matthias Pet Food Pantry

1st and 3rd Tuesday of every month,
from 1pm to 3pm
Benefits card and photo ID are required
374 Main St, East Aurora, NY 14052

What If You Can't Own A Pet?

- 1.) Visit a cat café! Yes - we have one in Buffalo! Check out <https://www.purrfectbuffalo.com>
- 2.) Follow Rescues' YouTube live streaming channels!
- 3.) Volunteer at a local animal shelter!
- 4.) Offer to help out a friend or neighbor with dog-walking or pet-sitting!
- 5.) Go to a dog park to watch the dogs run and play!

APRIL NEWS



COVID-19 ASSISTANCE IS AVAILABLE

If you are facing eviction because of income loss due to Covid-19, financial assistance may be available!

CALL 211 to see if you qualify and be linked to our Covid-19 Assistance (CALM) program.

EMERGENCY SHELTER IS AVAILABLE

Our overnight shelter at Lincoln Community Center, 10 Quincy Street, Buffalo, NY 14212, will remain open through April 30th, 2021.

Need Emergency Housing?

Remember, you can always call 211 to find a shelter with available beds.



DID YOU KNOW that in Erie County the search for housing assistance all begins with Coordinated Entry? Coordinated Entry sites will help you find out what housing programs you might qualify for, complete housing applications such as SPOA, and link you to the resources you need to achieve long-term housing stability. **Stop by one of Restoration Society's coordinated entry sites today to get the housing help you need!**

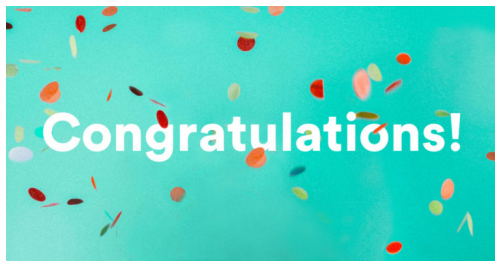
Harbor House

M-F 7am-3pm - 241 Genesee St, Buffalo, NY 14204

Downtown Buffalo Library (bottom floor near escalator)

M-F 8am-4pm - 1 Lafayette Square, Buffalo, NY 14203

PEER POWER!



Congratulations to Pam B. from our Batavia office for receiving her New York State Certified Peer Specialist Provisional (NYCPS-P) certificate! The NYCPS certification represents a commitment to using lived experience, combined with evidence-based, person-centered practices, to assist those who are facing their own mental health struggle.

YOU TOO CAN BECOME A CERTIFIED PEER!

If you love to help people and you have lived experience with a mental health struggle or major life disruption (such as trauma, homelessness, or incarceration), you may have a rewarding career waiting for you! To find out more about becoming a Certified Peer Specialist, and to get assistance with the Academy of Peer Services online classes, consider joining our

peer study group, 3-7pm Fridays at Empowerment Academy (327 Elm Street). For more information contact Adam at (716) 208-8126 or aselon@rsiwny.org



MARK YOUR CALENDAR!

The Academy of Peer Services website is closed for the month of April.

<https://www.academyofpeerservices.org/>



Enrollment and classes will resume May 3, 2021!

BIG NEWS @ EMPOWERMENT ACADEMY!



Join Us for the
Empowerment
Academy's
Grand Re-Opening
of the Snack Shop!

Back by popular demand!

Stop-In on Tuesday, April 6th for a Free Coffee!



Other food and drink items will be
available for purchase for **GREAT** prices!

Empowerment Academy
327 Elm Street | Buffalo, NY 14203
(716) 884-5216 ext. 498
Monday through Fridays 9am - 8:30pm
Saturdays and Sundays 9am – 1pm



A FREE Private Telemental Health Booth!

Don't forget, Empowerment Academy is still home to a FREE and PRIVATE telementalhealth booth, where you can get QICK and EASY access to mental health treatment. You can also use this space to meet virtually with your own telehealth providers if you are struggling to find access to a safe space.

Don't Fear Technology!
We are here to help you learn it!



IF YOU SEE SOMETHING SAY SOMETHING!

Did you know that our Peer Advisory Council is there to take action on the issues that are important to YOU? If you see ways that our programs can improve, come to one of our council meetings, or reach out to our Coordinator of Peer Services, Adam Selon, at 716-208-8126 aselon@rsiwny.org

The

RSI

Peer

Advisory

Council

Is Back!!

Are you a current or former customer of Restoration Society Inc.?

We need YOU to join us to help envision, create and sustain our community and ensure it reflects our peer philosophy, vision, and values!!

Meetings are held Every 2nd & 4th Thursday
10am-11:30am

at Empowerment Academy (327 Elm St.)

*Don't miss this important opportunity to shape
Restoration Society Inc. spaces and services!*

Upcoming PAC Meeting Dates:

| | | |
|--|---|----------------------------|
| March 11 th | & | March 25 th |
| April 8 th | & | April 22 nd |
| May 13 th | & | May 27 th |
| June 10 th | & | June 24 th |
| July 8 th | & | July 22 nd |
| July 29 th ...1 st Annual PAC Party in the Park! | | |
| August 12 th | & | August 26 th |
| September 9 th | & | September 23 rd |
| October 14 th | & | October 28 th |
| November 11 th | & | November 25 th |
| December 9 nd | & | December 23 th |

For more information contact
Adam Selon, Peer Services Coordinator
716-208-8126 aselon@rsiwny.org



EMPLOYMENT ASSISTANCE IS AVAILABLE

Need Work? Struggling to get back into the job market or to overcome barriers such as: lack of work history, coping with disabilities at work, learning new tasks?

Call one of our ACE Employment offices and get connected with a live job coach today!

Erie County: (716) 884-5216 x 410 Genesee County: (585) 343-9162



Finger Lakes Virtual Career Fair

THURSDAY, APRIL 15, 2021
11 AM – 2 PM

WE ARE YOUR DOL



A PREVIEW DAY WILL BE HELD ON WEDNESDAY, APRIL 14, 2021 BEGINNING AT 9AM.

PRE-REGISTER TODAY: <https://nysdolvirtual.easyvirtuallfair.com/>

ATTENDING BUSINESSES

| | | |
|-------------------------|------------------------|---------------------------|
| KanPak | Spectrum | Arc of Wayne |
| Barilla America NY, Inc | Cantel | Six Flags Darien Lake |
| Arc of Genesee Orleans | Scepter New York, Inc. | Catholic Charities |
| United States Gypsum | Aerosafe Global | Wegmans Food Markets |
| Kodak | Li-Cycle Corp. | First Student |
| O-AT-KA Milk Products | Career Start | The Home Depot |
| Arc of Monroe | DePaul | TruGreen |
| LiDestri Food & Drink | Optimax Systems | Nurse Connection Staffing |
| IEC Electronics | Thompson Health | And more! |

JOB OPENINGS FOR ATTENDING BUSINESSES

| | | | |
|------------------------|------------------|------------------------|----------------------|
| Maintenance Technician | CDL Driver | Production | Cook |
| School Bus Driver | Home Health Aide | General Labor | Carpenter Apprentice |
| Chemical Operator | PCA/HHA | Cashier | Security Officer |
| Warehouse Associate | Cashier | Customer Service | Forklift Driver |
| CNA/ LPN/ RN | Machine Operator | Industrial Electrician | And more! |

MAKE SURE TO PRE-REGISTER AND UPLOAD YOUR RESUME

FOR MORE INFORMATION ABOUT THIS EVENT, CONTACT VIRTUALJOBFAIRS@LABOR.NY.GOV



April: A Playlist for Various Occasions by Carolyn B



“Rosanna” Toto

On April 1st, 1982, Toto released “Rosanna.” For me, this song is all about the drums. “Rosanna” puts me in a good mood, and when I spontaneously hear it when I’m at the pharmacy or the craft store, I feel truly blessed.

“Waterloo” ABBA

On April 6th, 1974, ABBA won the Eurovision Song Contest for Sweden with their song “Waterloo.” Watching the video footage https://youtu.be/vpKs_dt9KEM is one of my wellness tools. It is one of the most important moments in history. Even more important than the Battle of Waterloo itself.

“Grow For Me” Little Shop of Horrors Cast

April 13th is International Plant Appreciation Day. Seymour appreciates Audrey II so much that it leads to some deeply problematic boundary issues. Pro Tip: If your houseplant insists on feeding off human blood, yeet that thing and start anew.

“Stay Awhile” Dusty Springfield

Dusty Springfield was born on April 16th, 1939 and she is my most favorite singer of all time. With its energy that perfectly captures the feelings of a goodnight kiss, “Stay Awhile” is 2 minutes of pure happiness.

“Sugar Sugar” The Archies

April 22nd is National Jelly Bean Day. Why not celebrate it with some “Sugar Sugar,” one of the most popular songs of the Bubblegum Pop genre. Record executives marketed Bubblegum Pop as being disposable, like bubble gum. But it has kept its flavor for more than 50 years, and with the current popularity of Archie comics characters, it doesn’t look like we’ll be spitting that gum out anytime soon.

“Take a Chance on Me” ABBA

April 23rd is National Take a Chance Day. This has always been one of my favorite ABBA songs.

“The Best Part of Breaking Up” The Ronettes

April 25th is National Kiss and Make Up Day. I love the driving rhythm that supports the confident energy of this song. Pro Tip: If you keep breaking up and making up, you might want to end that cycle and move on. You’re worthy of much greater things. Ronnie Spector did it, and so can you.

“You Turn Me On, I’m a Radio” Joni Mitchell

April is National Stress Awareness Month. This song is one of my favorite Joni Mitchell songs. When I hear the guitar I immediately relax. By the end of the introduction, I can feel the stress melt away.

“Afternoon Delight” Starland Vocal Band

This song was released in April of 1976. While it is often seen as a joke, the band’s musical talents cannot be argued with. Neither can the lyrics. “Why wait until the middle of the cold dark night, when everything’s a little clearer in the light of day, and you know the night is always gonna be here anyway?” The voice(s) of reason.

“It Might As Well Be Spring” Doris Day

March 20th marked the first day of spring. But, being Buffalo, we know that can be a cruel joke. Maybe if we all listen to this song, our collective consciousness will help us maintain our current springtime weather throughout April.



For today's example you will need:

Boiled egg
Carrot & Celery
3-4 Cherry Tomatoes
Crackers
Deli Meat (like turkey, ham or salami)
Cheese Stick
Fruit (mandarin orange in the picture)

Bento Basics - A Healthy Alternative for Food on the Go - Article by Val M.

Warmer weather is approaching and with that comes adventures outdoors. But what if you plan to be out a long time? What will you eat while you are out? If spending money on the go is not an option you want to consider, how about packing something from home yourself? In Japan and several other Asian countries, they bring what is called a "Bento Box" for lunches on the go. Some can be fancy and have a lot of creativity put into them to make it a super special treat. But for our article's purposes, we are just going to cover some basic options of what you could build a Bento Box with that suits what you like.

Veteran's Corner - Get to know the Veteran's One Stop By Heidi O.

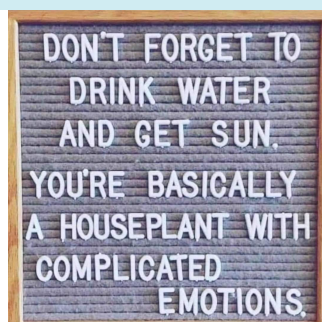
This month we are going to feature the services of the Veteran's One-Stop Center of WNY. The Veterans One-Stop Center of Western New York was initiated in 2012 by an Army Veteran in conjunction with Western New York Veterans Housing Coalition and Goodwill Industries of Western New York. The original goal was to provide **barrier free access** to services which would enable a Veteran to make a complete transition to civilian life. **The services offered include case management, accredited benefits counseling, employment resources and services, peer mentoring services, readjustment counseling, legal, Veterans Treatment Court, financial counseling, education resources, and housing and emergency services.**



With the exceptions of legal services and the Veteran treatment court the Veterans One-stop Center of Western New York offers every service in its building. They have satellite offices in Niagara, Genesee, Cataraugus, and Wyoming Counties. They also offer remote services to those who can't make it into the building. They also serve Veterans, those currently serving in the military, and the families of Veterans and military members.

For more info, check out the the Veteran's One Stop Website:

<https://www.vocwny.org/>





Is Spiritual Health a Part of your Mental Health? by Kate P.

King Jesus by Tim M. King Jesus is his name the prince of peace who will never leave or forsake us he is King Jesus he was the perfect one the just one when im going through trials and tribulations I always know he's there he saved from sin because he's King Jesus

When people tell me their recovery stories, they often explain how their journey began with a spiritual or religious moment, where they connected with what they know as a Higher Power. For example, in the poem submitted here, Tim M. describes how his Higher Power helps him in times of need. However, **spirituality can look different for different folks**, and I've seen people ignore their spiritual side because it looks different than what they expect! For some, religion can represent old wounds that need to be healed. Either way, an increasing body of evidence shows that spirituality is an important dimension of overall wellness. **Food for thought: what would it look like to connect with YOUR spiritual side on a personal level?**

What To Do with Your Latest Stimulus Payment? By Amarilys G.

Right about now, most Americans are now \$1,400 dollars richer. "How is that possible?" you may be thinking. I'll tell you how! The third stimulus payment is hitting people's accounts and mailboxes. While it might be tempting to buy a big ticket item "just because" with this money, there are more financially responsible ways to use it. In fact, Forbes published an article on 50 ways to use your stimulus payment. While I am not going to deliberately post suggestions from this article, or even worse, quote it verbatim, there may be some overlap between what follows and the Forbes article.



The key thing, in my opinion, is to **pay off recent debts** that are affecting your day-to-day life, or may come back to haunt you when COVID moratoriums are lifted. Yes, I am talking about things like rent, utility bills, car payments, and telephone and internet bills. Good on all that? Then **think about putting some in a savings account** in case one day down the line, you find yourself unable to pay at least one of those bills. Think you have enough in your savings account to weather a financial emergency for a few months? Then live a little! Save for a vacation you hope to take one day. Buy something you've had your eyes on for a while but could never justify buying before now.

I hope this brief article gives you some insight on ways you can use your stimulus payment. The key is to focus on needs first, like debts or potential debts, and then to move onto wants. Whatever you do, you should focus on what the consequences, if any, could be from the decision you are considering.


For more financial advice, check out this Forbes article:

<https://www.forbes.com/advisor/personal-finance/50-ways-to-spend-third-stimulus-check/>

April 2021 Empowerment Academy Calendar

327 Elm St. Buffalo, NY 14203

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|--|
| <p>Join Us On-site or by Phone! Call: 716-884-5216 Ext. 901 PIN 1234 Mon-Fri: 9am-8:30pm Sat-Sun: 9am-1p</p> | <p>Morning Check-In Meeting EVERY MORNING at 9:30</p> |  | <p>1 AGENCY STAFF MEETING EA will open at 1pm 1pm Communication Skills with Mike 2pm Humor is Healing with Betty 3pm-5pm RSI Art Studio 7pm – Current Events Check-In</p> | <p>2 10am Coffee & Conversation with Renee 11am Anger Management with Betty 1pm The Art of Listening with Mike 3pm-7pm Academy of Peer Services Classes with Adam 7pm – What's on Your Mind?</p> |
| <p>5 10am Benefits 101 with Renee 11am Addictions Awareness with Mike 1pm The Blame Game with Amina 2pm Coffee & Conversation with Sally 7pm Board Game Tournament!</p> | <p>6 Grand Re-Opening of EA's Snack Shop!!! 10am Meal Planning with Betty 11am Snack Shop Meeting with Betty 1pm Listening vs Hearing with Mike 2pm Benefits with Betty 7pm Movie Club (Watch & Discuss)</p> | <p>7 World Health Day 10am Advocating for Yourself with Renee 11am Do You Have Medical Care? with Mike 1pm What You Thought You Knew with Amina 2pm Walk It Out with Betty 7pm Coffee & Conversation</p> | <p>8 10am Peer Advisory Council with Adam 1pm Coping Skills with Mike 2pm Anger Management with Betty 3pm-5pm RSI Art Studio with Adam 7pm Current Events Check-In</p> | <p>9 10am Tele-What?! with Renee 11am Achieving Your Goals with Betty 1pm Unconditional Love with Mike 3pm-7pm Academy of Peer Services Classes with Adam 7pm What's on Your Mind?</p> |
| <p>12 Nat'l Grilled Cheese Day 10am Stay Connected with Sally 11am Relaxation Activities with Sally 1pm The Blame Game with Amina 2pm Coffee & Conversation with Renee 7pm Pool Tournament</p> | <p>13 10am WRAP with Betty 11am Calendar Planning with Sally 1pm Addictions Awareness with Mike 2pm Snack Shop Meeting with Betty 7pm Movie Club (Watch & Discuss)</p> | <p>14 Nat'l Gardening Day 10am Life Skills with Renee 11am Listening 101 with Betty 1pm What You Thought You Knew with Amina 2pm Gardening with Mike 7pm Coffee & Conversation</p> | <p>15 WORLD ART DAY 10am EA Collaboration Meeting with Everyone 11am What Are Your Hobbies? with Mike 1pm Arts Project 2pm Writing Workshop with Betty 3pm-5pm RSI Art Studio with Adam 7pm Current Events Check-In</p> | <p>16 10am Spring Clean Your Mind with Renee 11am Wellness Self-Management with Mike 1pm Self-Care with Betty 3pm-7pm Academy of Peer Services Classes with Adam 7pm What's on Your Mind?</p> |
| <p>19 10am WRAP with Renee 11am Addictions Awareness with Mike 1pm The Blame Game with Amina 2pm SMART Goals with Sally 7pm Spades Club</p> | <p>20 10am Meal Planning with Betty 11am Dealing with Loss with Sally 1pm Life Skills with Mike 2pm Benefits 101 with Betty 7pm Movie Club (Watch & Discuss)</p> | <p>21 10am Anger Management with Renee 11am Wellness Walk with Betty 1pm What You Thought You Knew with Amina 2pm Life Skills with Betty 7pm Coffee & Conversation</p> | <p>22 10am Peer Advisory Council with Adam 1pm WRAP with Mike 2pm Humor is Healing with Betty 3pm-5pm RSI Art Studio with Adam 7pm Current Events Check-In</p> | <p>23 NAT'L PICNIC DAY 10am Staying Connected with Renee 11am Addictions Awareness with Mike 1pm Forgiving Yourself and Others with Mike 3pm-7pm Academy of Peer Services Classes with Adam 7pm What's on Your Mind?</p> |
| <p>26 10am Staying Connected with Renee 11am Relaxation Activities with Sally 1pm The Blame Game with Amina 2pm Open Discussion with Sally 7pm Adult Coloring</p> | <p>27 10am Coping Skills with Betty 11am Snack Shop Meeting with Betty 1pm Relaxation Activities with Mike 2pm Benefits with Betty 7pm Movie Club (Watch & Discuss)</p> | <p>28 NAT'L Great Poetry Reading Day 10am Staying Connected with Renee 11am Journal Writing with Mike 1pm What You Thought You Knew with Amina 2pm Anger Management with Mike 7pm Coffee & Conversation</p> | <p>29 10am WRAP with Renee 11am Spring Cleaning Your Mind with Mike 1pm Life Skills with Mike 2pm Humor is Healing with Betty 3pm-5pm RSI Art Studio with Adam 7pm Current Events Check-In</p> | <p>30 10am Wellness Self-Management with Mike 11am Relaxation Activities with Betty 1pm Benefits 101 with Mike 3pm-7pm Academy of Peer Services Classes with Adam 7pm What's on Your Mind?</p> |

Clubhouse Buffalo

April 2021

66 Englewood Ave, Buffalo, NY 14214

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

Hours for Ages 16-21 only

Monday to Friday 3 to 9pm

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|--|
|  |  |  | <p><u>1</u> Road Recovery Trax</p>  | <p><u>2</u> Boyz to Men Dinner</p>  <p>& BOWLING NIGHT!!!!!!</p> |
| <p><u>5</u> MOCK INTERVIEWS Resume Improvement JOB SEARCH</p>  | <p><u>6</u> LADIES NIGHT!!!!!!</p>  | <p><u>7</u> LGBTQA Gender Identification Discussion</p>  | <p><u>8</u> Road Recovery TRAX</p> <p>Check My skills; MANNERS</p> | <p><u>9</u> Boyz to Men Dinner</p> <p>Invite a different AGENCY NIGHT</p>  |
| <p><u>12</u> ART PROGRAM ICE CREAM SUNDAYS</p>  | <p><u>13</u> LADIES NIGHT!!!!!!</p> <p>Anger Management</p>  | <p><u>14</u> LGBTQA+ Dinner + Work Out</p>  | <p><u>15</u> Road Recovery TRAX</p>  | <p><u>16</u> Boyz to Men Dinner Roller Skating</p>  |
| <p><u>21</u> Rehearsal For Upcoming theater Play- ART PROGRAM</p>  | <p><u>20</u> LADIES NIGHT!!!!</p> <p>RECOVERY PEER SUPPORT</p>  | <p><u>21</u> BTQA+ Dinner</p> <p>Spokenword/RAP/singing/poetry</p>  | <p><u>22</u> Road Recovery TRAX</p> <p>HOMEWORK HELP</p>  | <p><u>23</u> Boyz to Men Dinner</p> <p>Invite a different AGENCY NIGHT</p>  |
| <p><u>26</u> TED TALKS ART Program</p>  | <p><u>27</u> Ladies Night Self-Care Discussion SPA DAY</p>  | <p><u>28</u> LOOKING FOR THE "VOICE" LGBTQ - D</p>  | <p><u>29</u> Road Recovery TRAX "Birthday Celebrations " Bring a Family Member Day</p>  | <p><u>30</u> Boyz to Men Dinner Game</p>  |