



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

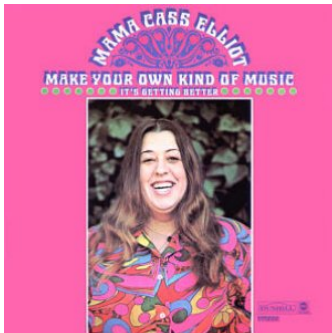
Benefits of Self Advocacy

Veterans' Corner - By Heidi O.

For the month of August I want to focus on an essential skill that is necessary in recovery. That skill is self advocacy. No provider knows your body, mental health and emotions better than you. Self Advocacy is a skill I had to learn in my recovery process to get my needs met.

As a Veteran I often had to have one foot in the VA and the other in the organization I was working with to get what I needed for myself. Self Advocacy is simply making your needs known to providers and people who support you.

I have made mistakes in learning the skill of self advocacy, but to get the care that I needed and still need I have learned to master this important skill. People are willing to help if they just know what to help, and how to help you.



ADVOCACY Playlist

by Carolyn B

This month I am not reflecting on holidays or awareness because, similar to last month, I am using the writing process as a wellness tool. Thus, here are a few songs that make me feel better when I'm in a bad place. At the encouragement of Cass Elliot (song 1), I'm making my own kind of music. I hope you sing along.

["Make Your Own Kind of Music"- Cass Elliot](#)

In the spirit of our self-advocacy theme, here is some inspiration from Cass Elliot. Because "just to do your thing's the hardest thing to do." Just keep doing you.

["Ain't No Sun Since You've Been Gone"- Dusty Springfield](#)

I love the energy of this song. I used it as my alarm clock for a while in 2012. It helped me get going. Try to sit still while listening to it.

["Happy Days are Here Again"- Barbra Streisand](#)

This is one of my top 5 favorite songs. Unfortunately, there is no available recording of my favorite version, which Carrie Fisher sang during the opening of her live show Wishful Drinking. She used a similar arrangement, though, so this is the closest I can get.

["Does Your Mother Know"- ABBA](#)

I love the energy and the groove of this glam-rock style song. The lyrics wouldn't pass inspection in 2021, but if more than one thing is always true, everything else about the song is amazing.

["Tubthumping"- Chumbawumba](#)

I am not sure it is possible to feel bad when listening to this song. Plus, I'm a Capricorn, so I fully identify with its sentiment.



[“Take the A-Train”- Duke Ellington](#)

For years I dreamed of walking into a party while a jazz band played “Take the A-Train.” This strange and specific dream was fulfilled in 2019 when I attended an event and I happened to arrive while the jazz band was playing it. I tell you this because you can have anything if you want it badly enough.

[“Laid”- James](#)

From its provocative opening lyrics to its near-yodel chorus, I love everything about this song.

[“Isn’t It Romantic?”- Ella Fitzgerald](#)

Bold statement: I think this is a perfect song. And I love it.

[“1921”- The Who](#)

This is my favorite song from The Who’s rock opera Tommy. It is the moment when Tommy experiences the traumatic event that makes him lose his vision, hearing, and ability to speak. Though, was it the trauma or the gaslighting (“you didn’t hear it/you didn’t see it...”) that truly did the damage?

[“California Day”- Starland Vocal Band](#)

“To be blessed with forgetfulness/To be glad to be alive/Like a bee out of the hive/Don’t know how I have survived, but here I am...” Who doesn’t identify?

SELF-ADVOCACY

IS THE ABILITY TO ARTICULATE
ONE'S **NEEDS** & **MAKE**
INFORMED
DECISIONS

ABOUT THE  **SUPPORT**
NECESSARY  **TO MEET**
THOSE **NEEDS.**



KNOWLEDGE
OF RIGHTS



LEADERSHIP
SKILLS

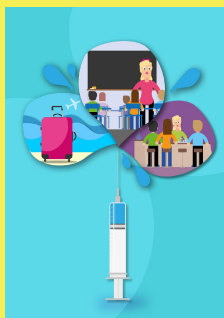
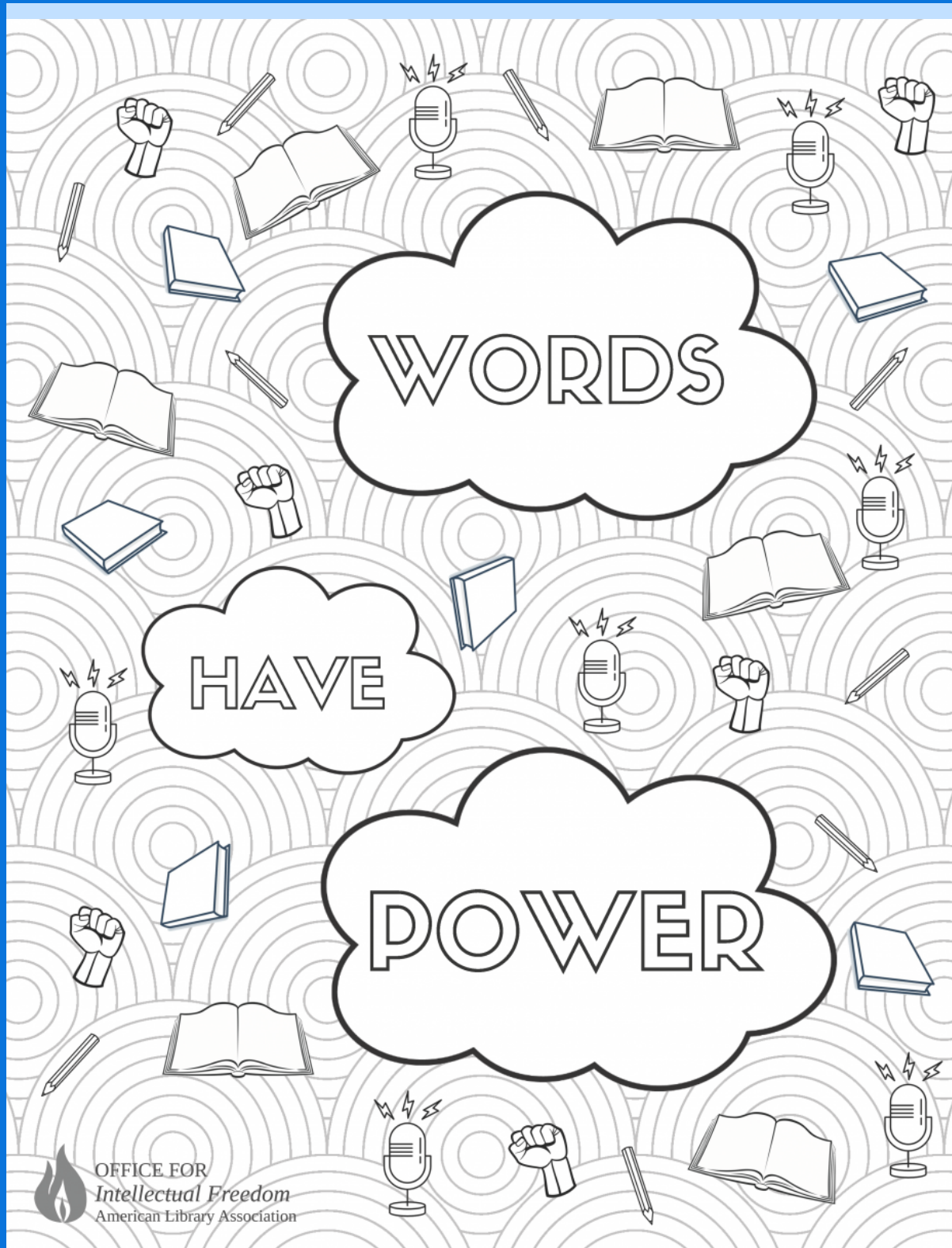


KNOWLEDGE
OF SELF



COMMUNICATION
SKILLS

COLOR ME!



YOUR HEALTH IS IMPORTANT TO US!

While we continue to wear masks and observe social distancing at all of our RSI facilities, we encourage our staff and customers to take advantage of FREE vaccine opportunities for maximum protection against Covid-19.

To find a COVID-19 vaccine near you.

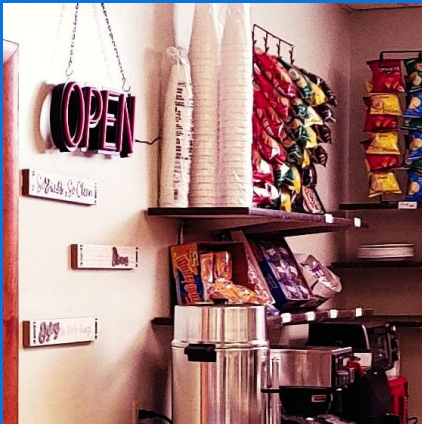
Visit <https://www.vaccines.gov/>

Text your zip code to 438829

Call 1-800-232-0233

AUGUST NEWS

WE ASSURE YOU, WE'RE OPEN AND WE NEED YOU!



SNACK BAR VOLUNTEERS NEEDED

@Empowerment Academy!

ATTN: EA Customers!

Are you looking for opportunities to increase your work experience, earn professional references, and enjoy the benefits of helping others?

Contact Empowerment Academy at
(716) 884-5216 x 498 for more information!

YES, the EA Snack Bar IS OPEN!

Restrictions come and go, but the EA snack bar continues offering the snacks and beverages you love at **GREAT** prices!
Visit us @ 327 Elm St. M-F 9am-9pm or Sat-Sun 9am-1pm

FREE & Private TelementalHealth Booth!

Empowerment Academy is home to a **FREE** and **PRIVATE** telementalhealth booth! Use our booth to:

- Get **QUICK** and **EASY** access to mental health diagnosis and treatment.
- Meet virtually with your own telehealth providers.

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



EMPLOYMENT ASSISTANCE IS AVAILABLE

Need Work? Struggling to get back into the job market?

We can help you to overcome barriers such as: lack of work history, coping with mental health disabilities at work, learning new tasks, and more!

Call one of our ACE Employment offices today:

Erie County: (716) 884-5216 x 410

Genesee County: (585) 343-9162

Friendship Foundation Presents
TRIBUTE ARTIST
TERRY BUCHWALD
PERFORMING AS ELVIS
A Fundraiser To Benefit Restoration Society, Inc.

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Sunday, August 29, 2021

Dinner 4:30 pm – 5:30 pm

Show 5:30 pm – 8:30 pm

George Lamm Post Grove
962 Wherle Drive, Amherst, NY

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Weidner's BBQ Chicken Dinner

Show & Dinner \$20.00 Pre-Sale;

\$22.00 At The Door

\$12.00 Chicken Dinner Drive Thru 2:00 pm – 5:00 pm



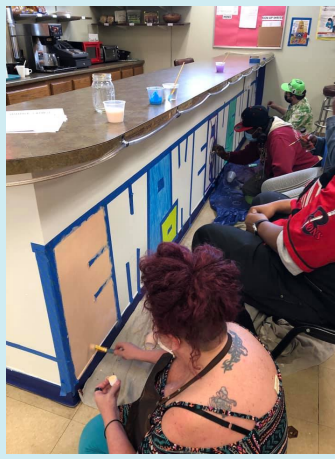
Mail Checks Payable To: Friendship Foundation, Inc.
66 Englewood Avenue Buffalo, NY 14214
For More Information: 716-515-8242 or 716-863-5865

Original Artwork by Mark Schenk



COVID-19 ASSISTANCE IS AVAILABLE

Are you facing eviction because of income loss due to Covid-19?
Financial assistance may be available! CALL 211 to see if you qualify
for our Covid-19 Assistance (CALM) program.



**RSI's Art
Studio**
now @ Empowerment
Academy!

The Art Studio Team meets
**Thursday from 4-6pm at
327 Elm Street**
Join our community of artists

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 Other 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 6 th	&	May 20 th
June 3 rd	&	June 17 th
July 1 st	&	July 15 th
July 29 th ...1 st Annual PAC Party in the Park!		
August 12 th	&	August 26 th
September 9 th	&	September 23 rd
October 7 th	&	October 21 st
November 4 th	&	November 18 th
December 2 nd	&	December 16 th

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



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

BECOME A CERTIFIED PEER!

Join our peer study group, 3-7pm Fridays at Empowerment Academy (327 Elm Street).

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,

contact Adam at (716) 208-8126 or aselon@rsiwny.org



EMERGENCY BROADBAND BENEFIT

WHAT IS IT?

The Emergency Broadband Benefit is a temporary FCC program to help households struggling to afford internet service during the pandemic.

The benefit provides:

- Up to \$50/month discount for broadband services;
- Up to \$75/month discount for households on qualifying Tribal lands; and
- A one-time discount of up to \$100 for a laptop, desktop computer, or tablet purchased through a participating provider.

WHO IS ELIGIBLE?

A household is eligible if one member of the household:

- Has an income that is at or below 135% of the Federal Poverty Guide lines or participates in certain government assistance programs;
- Receives benefits under the free and reduced-price school lunch or breakfast program;
- Received a Federal Pell Grant during the current award year;
- Experienced a substantial loss of income due to job loss or furlough since February 29, 2020; or
- Meets the eligibility criteria for a participating provider's existing low-income or COVID-19 program.

THREE WAYS TO APPLY

1

Contact your preferred participating provider directly to learn about their application process.

2

Go to [GetEmergencyBroadband.org](https://www.GetEmergencyBroadband.org) to submit an application and to find participating providers near you.

3

Complete a mail in application and send it along with proof of eligibility to:

Emergency Broadband Support Center
P.O. Box 7081
London, KY 40742

LEARN MORE



Call 833-511-0311, or



Visit [fcc.gov/broadbandbenefit](https://www.fcc.gov/broadbandbenefit)





OPEN SUBMISSIONS

SEE YOUR WORK 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

International Overdose Awareness Day

August 31, 2021 by Carolyn B.

In observation of International Overdose Awareness Day (August 31st), we are including an article about Carrie Fisher that was published in the May 2019 newsletter. She famously struggled with substance abuse, sometimes resulting in overdose.



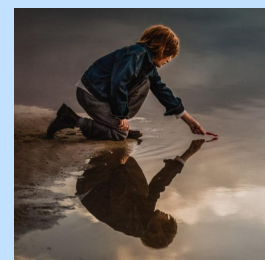
Carrie Fisher is best known for portraying Princess Leia in Star Wars, but she has always been much more to me. In my world, Carrie Fisher is an inspiration. No, she does not inspire me to become an intergalactic princess who sets out to take down an entire empire (as appealing as it sounds). Instead, she reminds me that being outspoken about mental illness is nothing to be ashamed of. If she can do it, so can I, right? She famously battled bipolar disorder and substance abuse, sometimes with a series of ECT treatments (which she wrote about in her memoirs *Wishful Drinking*, *Shockaholic*, and *the Princess Diarist*), and she never apologized for it. Actually, she advertised it. But she did it in a way that was refreshing. She often used humor when speaking and writing about mental illness with clever statements like "I am very sane about how crazy I am," or my favorite, "If my life wasn't funny, it would just be true. And that is unacceptable." She even added a touch of humor to her service dog by rhyming his name "Gary Fisher" with hers. So, following my role model, I am transparent about my mental illness (but honestly- who doesn't have anxiety, depression, and PTSD. It is 2019, after all), I do my best to arrive at what she called the "funny slant" (you should hear my Thorazine material), and I drastically changed my path in life to pursue a career in mental health (starting with obtaining my peer certification). And that is why, during Mental Health Awareness Month, I am doing my part to keep Carrie Fisher's memory alive. She once wrote, "Celebrity is obscurity just biding its time." As long as we have mental health advocates, Carrie Fisher will never enter obscurity.

SELF-ADVOCACY



New Arising by Dave M.

I am considering my creative tendencies. I wonder, why the hesitation? Moving that block to create fulfillment is the moon shining into a darkened room. This soul that has hurt from the initial tear from the young self, this is the hurt one.



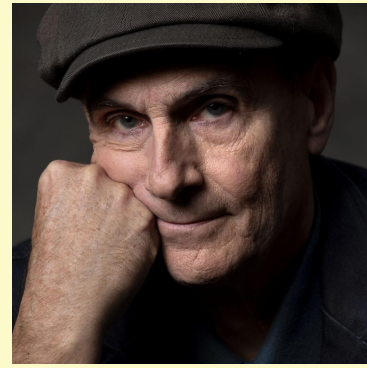
He entered into the world unprepared, youth torn from his very basis of living. His imagination was reflected in the dawn of a new day with the April sunlight. He belief was in a better tomorrow but not brought into existence for years to come.

He was Torn from the self, torn from the basis of his livelihood. Any kind of renewal had to be convinced from the depths of afar.

Then, touching base with his reflection on the water, he came to and arose in new form.

James Taylor is 72 by Tim M.

It's hard to believe that James Taylor is 72, I still remember James Taylor as a rising young twenty something singer songwriter who catapulted into game and fortune in 1970 with the release album that was entitled Sweet Baby James that also featured his equally magnificent single that became a massive hit from the album and I'm referring to of course Fire And Rain, Fire and Rain is an autobiographical song about James Taylor's tumultuous early life. His story begins in 1966 because at that particular time he was playing with a band that called itself The Flying Machine in which they were showcasing the talents of James Taylor but the band went nowhere so because of this The end result was that James had a nervous breakdown, The nervous breakdown also was the result of him ingesting huge amounts of Drugs at this particular time especially speedballs and heroin he then was admitted at Mcleans Psychiatric Hospital in Boston. When James got out of Mcleans Psychiatric Hospital he tried to dry out from the Drugs so in 1968 he flew to England he was discovered by producer Peter Asher. Peter Asher then signed James to Apple Records along with The Beatles, Mary Hopkins, and Jackie Lomax who also we're on The apple record label at that time. But Apple Records were synonymous with The Beatles as The Beatles formed Apple Records earlier that year. so in early 1969 came the release of James Taylor's self titled album on Apple Records it was simply entitled James Taylor it featured such songs as Don't talk now, knockin around the zoo, night owl, and Carolina in my mind among other songs that were featured on the album, and the fact is Paul McCartney actually played bass on the song Carolina in my mind but even with that star studded help from Paul McCartney didn't help the Album as James Taylor sold only moderately well. now fast forward to 2020 James Taylor released his autobiography which was entitled Breakshot which was released on audiobook which was released on October 20th 2020 also that year he also released a new album that was entitled American standards and that was released on Fantasy records in February of 2020. so when it comes to talent and longevity James Taylor has it all over these younger generation of entertainers who don't know what class is but on the other hand James Taylor is the embodiment of both class and talent.



On August 17th, National Non Profit Day recognizes the goals and positive impacts non profits have on communities and the world.

DID YOU KNOW RSI IS A NON-PROFIT?

Restoration Society, Inc. (RSI) is a peer operated agency that offers recovery-based person centered services serving Western New York. The agency was founded in 1973 and incorporated in 1975. Agency services are founded upon the recovery vision that all individuals can lead active lives filled with hope and satisfaction and make valuable contributions to our community.

RSI offers holistic, person-centered services premised upon customer self-determination and self-direction. Programs embracing life coaching strategies facilitate the customer's personal life direction, development and fulfillment.