May 2019 Volume 11, Issue 5

# 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

#### By the Weather

Swaying in the wind, the tree branches creak As the breeze encircles the trunk, feeling like fingers through the bark.

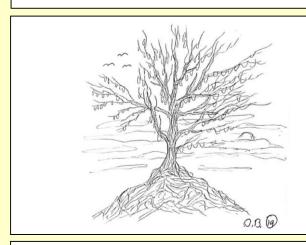
As the wind whirls past, the rain starts to fall Rolling water trickling down on the branches, trunk, and roots.

As the rain season passes, the sunlight is more intense.

Creating rays of growth for the tree and plants that surround.

As the seasons pass again, the tree still stands.
Alone and unmoved by the weather

By D.B. 19



Describe how you feel expressed as a weather report/forecast.

"I am cloudy with a chance of meatballs. No really, I am foggy in my recollections with a sharp warning about a high wind, as I feel I always blow it. So, if I venture alone, there is a flood warning and I should have a buddy to navigate the precipitation. The barometric pressure is exclusively elevated, so I am sweating during the summers having a molten core that drops and skyrockets during the sunrise. I give out frequent warnings of a wind chill and exclaim chilliness as a sign of merriment and heat exhaustion as an insignia also."

-Holly







# Restoration Society, Inc. is on Amazon mile!

## Here is how you can help us!

- 1. Sign into <u>smile.amazon.com</u> with your Amazon login info.
- 2. Under "Your Account" select "Change Your Charity"
- 3. In the "Find Your Charity" search bar, type Restoration Society, Inc. and click "Search"
- 4.Click "Select" next to "Restoration Society, Inc."
- 5. Shop until your heart is content!





Fidelis Care will be at Empowerment Academy

# Mondays and Thursdays from 9am-12pm

to assist individuals to sign-up for insurance and determining eligibility for

# Home and Community-Based Services

stop-by or schedule an appointment (884.5216) 327 Elm Street, 2<sup>nd</sup> Floor Buffalo, NY 14203

# MEMORIAL DAY

# COOKOUT

At Empowerment Academy Monday, May 27<sup>th</sup>, 2019 10am-2pm

# COME JOIN US FOR OUR COMMUNITY DAY!



#### WHAT WILL BE HAPPENING?

COMMUNITY DAY WILL FEATURE GAMES WITH PRIZES, SO MAKE SURE YOU COME EARLY SO YOU DON'T MISS OUT! LUNCH AND TREATS WILL ALSO BE PROVIDED,

### WHERE WILL IT BE LOCATED?

THE EVENT WILL TAKE PLACE ON CLUBHOUSE GROUNDS, LOCATED AT: 66 ENGLEWOOD AVE. BUFFALO, NY 14214

#### WHEN WILL IT TAKE PLACE?

THE EVENT WILL TAKE PLACE ON JUNE 28, 2019, FROM 1 PM - 7 PM



# FREE Legal Clinic

© Empowerment Academy Wednesday, May 22<sup>nd</sup>

9am-12noon

- Social Security Disability
- Supplemental Security Income
- Housing Laws; Family Law
- For more information, please call

884.5216 ext. 415 or 416





Breed: Labrador Retriever Age: 7 Years Old Likes: Playing Frisbee Dislikes: Thunderstorms Nicknames: Chuck, Buddy

Fun Fact: His favorite past times are swimming and snowball fights!!



# What are the differences between an emotional support animal and a service animal?

- Service animals are trained to perform tasks for the individual with a disability. Emotional Support animals provide companionship, relieve loneliness, and can help with depression, anxiety, and certain phobias. They do not have to have special training to perform tasks, their presence comforts the individual.
- Service animals must be allowed to be in any place or facility where the public is allowed. Owners of emotional support animals may get away with bringing them into places where pets aren't allowed, but the only places legally required to welcome them are planes and housing units.
- While there are individuals and organizations that sell service animal certifications online, these documents do not allow you to consider an emotional support animal a service animal.
- Any animal, with a supporting letter from a counselor, can be considered an emotional support animal.
   Service animals however, are limited to dogs and miniature horses.

## Ready to Be a Pet Owner? LET'S SEE!!!

- Make sure you're willing to commit to the relationship for the lifetime of the pet. Dogs typically live 12 to 15 years while cats can live up to 20 years.
- Ask yourself if a pet would fit into your lifestyle. Dogs need to be fed at least twice a day, let out at least three times a day, given an hour of exercise daily, and require dedicated training time. Cats typically need one to three meals a day, and their litter box cleaned regularly.
- It's important to ensure you can afford to care for your pet. Food can cost anywhere from \$50 to \$120 a month. Then there are treats, toys, crates, collars, and litter. Regular veterinary visits are also recommended. There may also be an occasional emergency vet visit which can be very costly.
- Make sure where you live allows animals. There may also be a
  pet deposit which varies depending on the landlord.





# Featured Artist and Writer: D.B. 19



# Bird Song in the Wind by D.B. 19

The morning breaks through, the darkness of night.

Warming the ground with the sun's morning light.

Birds start to awaken with bird song in the wind.

On the tree branches they sit singing as the day begins.

The wind stirs the leaves thrusseling in the air.

A few of them deep to the ground silent without care.

The movement of the branches and leaves

Seem to move in sequence with the bird's song on morning

Praise to God and penance.

# **ACE Employment Services**



Get to know us at our

# INFORMATIONAL SESSIONS

TUESDAY May 7th @ 10:30am

FRIDAY May 24nd @ 1:30pm

327 Elm Street Corner of Elm and Genesee

# INTRODUCTION TO THE THREE DIFFERENT **EMPLOYMENT SERVICES ACE PROVIDES**

We work with ACCES-VR to provide three different services tailored to your needs as well as the Social Security Administration for TICKET TO WORK.

#### 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!



## Maurice Green (Former ACE Customer) Restoration Society Inc.

Department: Housing Solutions Position: Peer Mentor Years of Service: 4.5 years

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.





"THE Love in your HEART WAS'NT PUT THERE TO STAY, Love 15'T Love,"
TIL YOU give it AWAY."

James H.

# **EATING CLEAN**

real food exists in nature unprocessed and unrefined eat more raw plants organic and non-GMO hormone and antibiotic-free free of food additives drink pure water

less processed junk fresh is best

**less** animal products **opt** for natural sweeteners **more** plant protein

**avoid** endocrine disruptors **take** the fluoride out **use** glass or stainless steel

**use** glass or stainless stee **quality** over quantity

rebeldietitian.us



# The Reason for the Seasons

Whether or not the weather, may your Mental Health Awareness Month be merry. There are some people whom could say that the seasons would bring better months than May. For example, in the Fall or autumn; a time to remember. Such as in the winter, as its name. These months include September, November and December.

Moreover, November has Thanksgiving and September brings the end of Summer and the start of Fall. Also, December happens to celebrate Christmas and other holidays. These days tend to be dreary and cloudy for overcoming. The white snow changes to dirty salt-covered piles. Also, compare to the wellness to wellness in mental health to change as the weather in May.

By Brian Kitson

# Imagine by Tim Malley

You may say I'm a dreamer but I'm not the only one, I hope someday you'll join us, and the world will live as One John Lennon

Yes, try to imagine a world in which the mentally ill are treated with respect and dignity. A world in which there would be emphasis on deinstitutionalization, not a pie in the sky world that's not based on some utopia, but a real world in which the mentally ill would be seen for who they really are and that is creative and gifted people a world in which stigmatizations would be a thing of the past but then again maybe I'm a dreamer but I know I'm not the only one.





# **Employee Spotlight**

# Rodney Butler

# What is your role at Restoration Society, Inc.?

Peer Mentor, I help resource coordinators assist clients.

# What are three words to describe RSI?

Engaging, Rewarding and Supportive

# What has been your favorite part of your job at RSI?

Learning and FITs Training

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

Read, work out, listen to music, play video games, eating junk food, and mediation

Where would you like to go on a dream vacation?

**NASA International Space Station** 

#### You're happiest when?

During my alone time because I have a chance to reflect and focus

What is your Least Favorite Food? Cut livestock (meat)

Are you messy or organized?

I am extremely organized.

#### Do you have a pet?

No, but I want an all-black German Shepard

**Happy Anniversary** to the employees of RSI who help keep this place running! If you see them this month, wish them a Happy Anniversary!

another year of employment with RSI!!!
Fran Gullo
Sherry Jones
Kim Muoio
Robert Rosario

Congratulations on





# Peer Perspective

# Customer Corner by Carolyn B., Peer Volunteer

Holly (an Ace Employment customer) recently got a job as a cleaner for 17.5 hours per week, thanks to her perseverance, her service dog Sophie, and her support from Restoration Society, Inc. Holly is excited that her boss is nice, that she has an employee badge, and that she has an email account (which makes her feel included). Most importantly, having Sophie there makes her happy. Just like everyone else, she still needs support to thrive in her new work environment. Having guidance from coworkers who teach her to work faster is something she finds very helpful. Her boss also helps her by showing her tricks to the job more easily, and he understands and accommodates her struggles with learning the new job. In addition, of course, the ongoing support from Ace Employment will help her continue to thrive in her exciting new job position.

Restoration Society has helped Holly not only with employment, but also with her confidence. It is important to have both a work life and a social life, so she frequently visits the Empowerment Academy to help achieve that work/life balance. Holly says is helpful for her to spend time in a non-judgmental setting with people who are in similar situations and who understand mental illness. At the coffee and conversation group, she was able to talk about how the job interview went. It is also a place where she can bring Sophie.

Holly requested that I "give Sophie some credit."

# CONGRATULATIONS to Holly on her new job!



# Want to become a NY State Certified Peer Mentor?



Online Classes at the Academy of Peer Services resume on 4/29/2019.

https://www.academyofpeerservices.org/

# Peer Leaders in Action

Having a mental illness doesn't mean you can't work and it doesn't mean that you can't be a strong leader! Peer Services Coordinator Kate Parker shares her tips for anyone who wants to develop their leadership skills:

- **Be a Role Model First.** If you set the example, others will follow.
- **Get Involved.** The people who show up and participate have the best opportunity to make a change.
- Find Opportunities to Learn.

#### LEADERSHIP OPPORTUNITY!

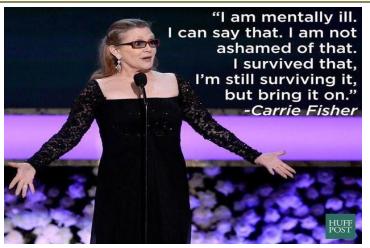
Interested in growing as a leader? Want to be a voice for change at Restoration Society?

Contact Kate Parker about the new PEER ADVISORY COUNCIL starting May 15<sup>th</sup>!

kparker@rsiwny.org

### Let's Talk About Mental Health!!! Raising Mental Health Awareness

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 for it. But she did it in a way that is refreshing. She often used humor when speaking and writing about mental illness with a clever statement 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, who she named Gary Fisher. 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 the mental health field (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.

Carolyn B.

I make this move and there are many curves.

How cities and gardens can compare.

What is the greatest need?

The necessities of life.

How say the sun and the stars.

Envision a craft on mother earth.

Taking off into inner space in the earth atmosphere.

Fantasy moves, wind blowing in your hair.

Shoes off in a puddle of water.

Sand underneath your feet.

Good things worth having come free.

Instrumentation comes from the birth of the man.

How so do you stand with the elite to fight the imperfections of man?

By Kenneth S

ONE DAY
YOU WILL
LOOK BACK
AND SEE THAT
ALL ALONG:
YOU
WERE
BLOOMING.

# RSI's

**Artistic Opportunities and** 

**Happenings in the Community** 

"My paintings are not about what is seen. They are about what

is known forever in the mind."

~ Agnes Martin

Start your next masterpiece...

[THURSDAY EVENING]

# May 16th @ 66 Englewood from 5:30PM-8PM

Please join us for our monthly group Every 3rd Thursday of the month Where you can:

- Share your artistic interests
- Participate in Workshops and Field Trips
- Apply for the Arts Access Pass (Medicaid required)
- Eat Pizza
- Make art and have fun with friends!

Portrait of Agnes Martin by Annie Leibovits



"Untitled", ca. 1955, Oil on Masonite. from the Albright-Knox Art Gallery Collection

Interested in more FREE access to art and theater in Buffalo?... Apply for the **ArtsAccess** pass online at www.arts-access.org

Those who participate throughout the year will have the opportunity to be a part of a final exhibition to have their art displayed at a public gallery! No prior artistic experience needed!

Made possible through a grant from S SERVICES INITIATIVE ERN NEW YORK INC

Meet Up @ The Museum: May 10<sup>th</sup> 2-4PM to view the current exhibitions at The Burchfield Penney Art Center (1300 Elmwood Avenue) for Second Friday--It's FREE!

Have Questions? Or want to get involved... Contact: Adam @ 716-208-8126







	o Print and market controlled		6 Onni: Chodes Tournement	* DAY *
4-8:30 Pm: Spades Club	1-2pm: Adult Coloring	*6:05pm:Buff Bisons Game	1-2pm: Coffee & Conversation	桥
31. 10-11am: Fitness Friday! 11-12pm: Coping Skills Bingo 1-2pm: Social Hour	30. 10-11am: Preventing Inter-Personal Violence 11-12pm: Challenging Neg. Thoughts	29. MHA Legal Clinic 9a-11a *10-12pm: Wednesday Wellness Walk 1-2pm: Social Hour	28. 10-11am: Mindfulness Activities 11-12pm: Basic First Aid for Summer	27. Happy Memorial Day!!! (EA Open 10a-2p)
4-8:30Pm: Spades Club	6-7pm: Movie Club	6-7pm: The Joy of Laughing	6-8pm: Bingo Tournament	5-9pm: Social Hour
1-2pm: Social Hour	1-2pm: Adult Coloring	1-2pm: Social Hour	1-2pm: Coffee & Conversation	1-2pm: Brain Teasers
24. 10-11pm: Fitness Friday! 11-12pm: Memorial Day Crafts	23. 10-11am: Responsibilities of Driving 11-12pm: Ted Talks	22. *10-12pm: Wednesday Wellness Walk	21. 10-11am: Therapeutic Journaling 11-12pm: Improving Self Care	20. 10-11am: Safety First! Meeting 11-12pm: Understanding Defence Mechanisms
	6-/pm: Dealing w/ Oppression	6-7pm: Time Management Skills	1-2pm: Coffee & Conversation 6-8pm: Board Game Tournament	5-9pm: Social Hour
4-8:30pm: Spades Club		Library)		1-2pm: Brain Teasers
1-2pm: Social Hour	1-2pm: Adult Coloring	*7.4nm: Internet Basics (Central	*11-12pm: Guest Speaker: Addict 2 Addict	Workshop
17. Nat'l Public Gardens Day *10-12pm: Botanical Gardens (\$1)	<ol> <li>16.</li> <li>10-11am: De-Stressing Stress</li> <li>11-12pm: Ted Talks</li> </ol>	15. *10-12pm: Wednesday Wellness Walk	14. 10-11am: Managing Addictive Behavior	13. 10-11am: Safety First! Meeting 11-12pm: Financial Literacy
4-8:30pm: Spades Club				
1-2pm: Social Hour	7-9pm: Movie Cub	6-7pm: DBT Skills	1-2pm: Coffee & Conversation 6-8pm: Pool Tournament	5-9pm: Social Hour
	1-2pm: Adult Coloring	1-2pm: Social Hour	11-12pm: Creative Problem Solving	1-2pm: Brain Teasers
10.  10-11am: Fitness Friday!  11-12pm: Healthy Intimate Boundaries	9. 10-11am: Verbal & Non-Verbal Cues 11-12pm: Ted Talks	8. *10-12pm: Wednesday Wellness Walk	7.  10-11am: Growth & Resilience (Peer Led Group)	<ol> <li>10-11am: Safety First! Meeting 11-12pm: Assertive Comm.</li> </ol>
4-8:30pm: Spades Club	6-7pm: Current Events Workshop	6-7pm: MH Jeopardy Game	12pm!	
	1-2pm: Adult Coloring		Mondays & Thursdays 9a-	Thur: 9am-9pm Fri: 9am-9pm
1-2pm: Social Hour		Flash Mob		Wed: 9am-9pm
11-12pm: MH Jeopardy	(EA Closed from 10am-1pm)	Walk	Insurance!	Mon: 9am-9pm Tues: 9am-9pm
<ol><li>10-11am: Fitness Friday!</li></ol>	2. MU Elach Mohl	1. Nat'l MH Awareness Month •10-12pm: Wednesday Wellness	Visit the Fidelis Booth for	EA Hours Sun: 9am-1pm
Friday	Thursday	Wednesday	Tuesday	Monday
327 Elm Street, Buffalo NY 14203	orkshops e look below	Empowerment Academy Workshops Open Monday – Friday for hours please look below	Empov Open Mond	<b>May 2019</b> Tel. 884-5216 Fax 884- 2847

# Clubhouse Buffalo May, 2019

# Hours for Ages 16-23 years of age Monday to Friday 3 to 9pm

# 66 Englewood Ave, Buffalo, NY 14214 (716)832-2141 ext. 212, 217 or, 249

9. 4:00pm Recovery My Way  S:00pm Music Appreciation SU Related Lyrics with open discussion.  6:00pm Work Readiness  16. 4:00pm Recovery My Way  S:30pm Work out at Planet Fitness Gym  4:00pm Clubhause Staff and Members meeting  6:30pm Work aut at Planet Fitness Gym  30. 5:00pm Work Readiness  6:00pm Basketball at Gloria J.  Parks  10. 5-7pm Mother's Day Appreciation Dinner  S:40pm Family Support Peer Group  5:30pm Gloria J Parks Open Group  5:30pm Ladies Night  24. Leaving at 6:15pm for Nitro  Circus at Sahlen Field  Circus at Sahlen Field  S:30pm Work aut at Planet Fitness Gym  30. 5:00pm Work Readiness  6:00pm Basketball at Gloria J.  6:00pm Family Bingo	6pm Apollo Media Center  5:30p  22. 4:30pm Ted Talk- [Why Do We Love]  5:30pm Work out at Planet Fitness Gym  29. 4:30pm Ted Talk- [The Danger of a Single Story]  5:30pm Work out at Planet Fitness Gym  6:00p  6:00p  6:00p  6:00p	5:00pm Kitchen Skills 5:00pm Sibling Game Night 21. 4:00pm Talk to me 21. 4:00pm Talk to me 5:30pm Buffalo Renaissance Foundation Community Center Open Gym/ Swim 28. 4:00pm Talk to me 5pm Life Skills workshop (Dress for Success)	5:00pm Boys to Men Dinner Club  20. 4:00pm Help with College & financial Aid applications 5:00pm Boys to Men Dinner Club  7pm Spades Tournament  27. Clubhouse will be closed Memorial Day
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My Way ciation SU nopen		Gym/ Swim	
My Way	6pm Family In-house Popcom and a Movie Night	5:30pm Buffalo Renaissance Foundation Community Center Open	7pm Game Night
	8. 4:30pm Ted Talk- 94 [The Power of Vulnerability]	7. 4:00pm Talk to me	6. 5:00pm Boys to Men Dinner Club
6:00pm Basketball at Gloria J. 6pm Ladies Game Night Parks	In house Sibling Popoom and Movie Night 5:30 to 7pm. Bring your sisters and brothers	up and parlicipate in prepping	ages to and 17 year olds
5:30pm open Game Night		during the week. Please be here one hour before to sign	help with homework for
2. 4:30 Recovery Education  3. Albright Knox's Art Gallery Hands on Art Project 5pm to	4:30pm Ted Talk- (How to     2. A     Mofivate yourself to change	Meals are FREE!!!!	Help with Homework
Thursday Friday	Wednesday	Tuesday	Monday

# What's Next

5 to 7pm on Wednesday's are dedicated for personal development meetings with a coach. You can set up an appointment outside of these times if you need.



# HAPPY MOTHER'S DAY TO:

EVERY MOTHER,
EVERY GRANDMOTHER,
EVERY CARETAKER,
CHOSEN FAMILIES,
QUEER MAMAS,
GENDERQUEER AND TRANS
PARENTS,
INCARCERATED MOMS,
THOSE WHO WANTED TO BUT WERE
UNABLE TO BE MOTHERS,
MOMS WHO HAVE LOST THEIR
CHILDREN,
AND CHILDREN WHO HAVE LOST
THEIR MOTHERS.

# HOPING FOR THE BEST by Tim Malley

We need to hope for the best because the best is yet to come we may have a mental illness or some other shortcoming but we shouldn't ever give up because were not far from realizing our goal we came this far in life so we can't quit ever because quitters never get anywhere in life let's keep moving forward in life and let's keep hoping for the best because the best will soon become second nature to us; success will soon be in our grasp that's why it's necessary to never give up but just keep going in life and keep hoping for the best.





## Food Pantries near 66 Englewood Ave

- University Presbyterian Church (0.2 miles)
  - o 3330 Main St. Buffalo, NY 14214
  - 0 716.836.7660
  - Tuesday and Thursday 12pm 4pm
- St. Faustina's Gate (0.9 miles)
  - 263 Claremont Ave. Tonawanda, NY 14223
  - 0 716.837.2544
  - Tuesday, Wednesday, and Friday11am 2pm
- Salvation Army Kensington (1.2 miles)
  - 21 Westminster Ave. Buffalo, NY 14215
  - 0 716.832.2467
  - Monday & Friday 11:30-1:30

#### Food Pantries near 327 Elm Street

- City Mission Society Pantry (0.2 miles)
  - o 100 E. Tupper St. Buffalo, NY 14203
  - o 716.854.8181
  - o Tuesday 1-3 & Thursday 9-11
- Citizens Community Development (0.3 miles)
  - o 134 William St. Buffalo, NY 14204
  - 0 716.852.2324
  - Thursday, and Friday 9am 1:30 pm
  - Wednesday 9am 4 pm
- Buffalo Urban League Pantry (0.5 miles)
  - o 86 Pine St. Buffalo, NY 14204
  - o 716.847.8951
  - o Monday Friday 9am 1pm

#### COME VISIT US AT ANY OF OUR LOCATIONS:

<u>66 Englewood Ave, Buffalo, NY 14214</u> (716) 832-2141

Administration Office, Housing Solutions & Clubhouse Buffalo

241 Genesee Street Buffalo, NY 14204

(716) 842-4184

Harbor House Resource Center & Coordinated Entry Hub

327 Elm Street, 2<sup>nd</sup> Floor Buffalo, NY 14203

(716) 884-5216

ACE Employment & Empowerment Academy

220 East Main Street Batavia, NY 14020

(585) 343-9162

**Genesee ACE Employment** 





# Welcome, Holly!

Thanks for joining our Newsletter Committee!



# Our Next Newsletter Meeting

May 15th at 9:00 am 66 Englewood Avenue Buffalo, NY 14214

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



