



March 2023
Volume 15, Issue 3

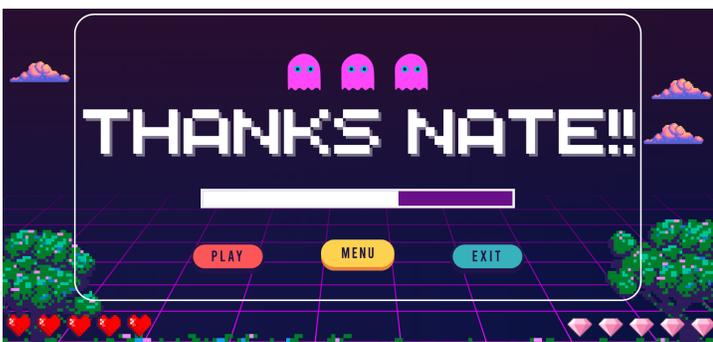
RECOVERY HAPPENS

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

A few words of Thanks:

To our Board Member, **Nathan Ramsey** and his generous family, for their donation of some really fun games to Empowerment Academy. We now have 3 amazing Arcade games and an Air Hockey table!



Sun, Mar 12, 2023 2:00 AM



Women's History Month

Celebrating American women and their contributions to U.S. history

Please do not hesitate to call 2-1-1 if you see someone in need of shelter during a CODE BLUE. It is vital that all citizens work together as a community to protect those at risk.



A ‘See You Later’ to Terrell...

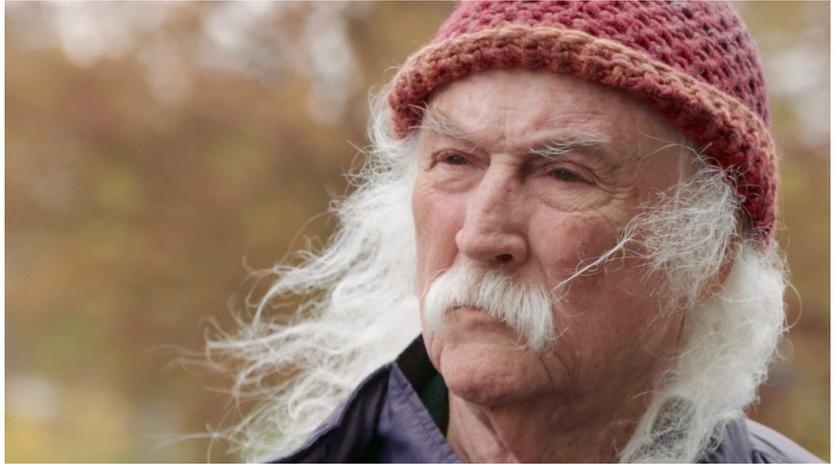
By Kayla and Male

Me and Male decided to write this article because we were both quite close with Terrell, who we recently lost in a tragic accident and we miss him dearly. In order to honor him, we both put a few words together to remember him by: **Kayla:** I haven’t been an intern with Restoration Society long at all, only for about four and a half months, but Terrell was the first customer that I got the chance to speak with. He did not enjoy opening up about his personal life or his past, but he loved talking about sports and history with me when I would come in. I would walk up and he would usually be sitting in a chair waiting for me to come sit and just talk for hours. He told me all about his life in Miami and his childhood here in Buffalo,

and I loved hearing about it! He also loved to trash talk the Buffalo Bills, especially because he knew I was a big fan, but he always made me laugh while he did it. He changed my whole outlook on who I want to work with when I graduate with my masters in social work. I really thought I wanted to work in palliative care, but meeting him and all of the other customers I have grown close with has made me want to work in this field. It still hurts when I walk into Empowerment Academy and I do not see him sitting at the snack bar or a table smiling at me and impatiently waiting to have a conversation, but this isn’t a goodbye, this is a see you later Terrell. I hope you are living it up in Miami while watching over all of us here, we miss you.

Male: Me and Terrell have a very long history, he was one of my best friends. Me and him just had a different way of communicating with each other and I loved it. My favorite story about Terrell happened in 2010 I think it was. He took me and introduced me to Canalside, where all the big ships are. We went down there at about 10 in the morning and stayed til about 10 at night. We got drunk together til we passed out and ended up sleeping in the park. When we woke up the next morning, he said “Man Male we gotta get the hell outta here!” I miss my buddy and I hope he is looking down on all of us.

Spotlight on David Crosby by Tim Malley



On January 19th 2023, a Giant in the world of music passed away. I'm referring, of course, to David Crosby. David Crosby wasn't just a Giant in the world of music, but he was also an American icon in the truest sense of the word. David Crosby was born David van Cortlandt Crosby in 1941 in Los Angeles, California. David Crosby

helped to start two major groups in the 1960s. First it was the Byrds, (actually to make long story short it was David Crosby along with Jim McGuinn. Jim McGuinn would later change his name from Jim to Roger because of Roger McGuinn's involvement in an Eastern religion by the name of Subud, which is based in Indonesia). And the three of them were really into The Beatles. In fact, Roger McGuinn, David Crosby, and Gene Clark were all experienced follies. For example, Roger McGuinn played for the Chad Mitchell Trio. He also wrote songs at the Brill Building in New York which was a veritable hit factory because other than Roger McGuinn, the Brill Building also included songwriters such as: David Goffin, Neil Sedaka, and Carole King. Roger McGuinn also toured with Bobby Darin. Gene Clark played with the New Christy Minstrels. And David Crosby played with Les Ballard and his Balladeers (in fact, at that time David Crosby had to wear these ugly red velvet suits that he had to wear when he played with Les Ballard and his Balladeers). So, as the story goes, David Crosby and Gene Clark were fascinated when they saw Jim McGuinn singing Beatles songs on stage at The Troubadour club in L.A. Jim McGuinn sang these Beatles songs on his 12-string acoustic guitar. All three of them, McGuinn, Clark, and Crosby, were deeply influenced by the Beatles' first full-length feature film, and I'm referring, of course, to *A Hard Day's Night*. When, in an interview many years later, David Crosby said that as soon as they first heard The Beatles they no longer wanted to play folk music but to concentrate on playing rock music or as David Crosby would say, "if you combine the music of Bob Dylan with the music of John Lennon you got something special. Something that was never done before." Soon the Byrds were making demos for World Pacific Studios. This was in 1964, and these sessions became known as The Byrds' *Preflyte* sessions, (in fact they were still known as the Jet Set at that time they only decided to change their name from the Jet Set to the Byrds because their inspiration was Admiral Byrd who discovered the North Pole). Then, in 1965, came their debut album on Columbia Records and I'm referring, of course, to *Mr. Tambourine Man*. David Crosby provided breathtaking harmonies that became The Byrds' trademark. David Crosby wrote so many songs with both the Byrds and Crosby, Stills, and Nash, (and sometimes Young). Such as: "[Eight Miles High.](#)" "[Guinevere.](#)" "[Our House.](#)" "[Wooden Ships.](#)" and "[Marrakesh Express.](#)" But my personal favorite song that David Crosby wrote was a song called "[Everybody's Been Burned Before.](#)" (he wrote this in 1966 when he was still a member of The Byrds, which appeared on the Byrds album *Younger Than Yesterday* which is on Columbia Records.) David Crosby wasn't just a Giant in the world of music, he was also a musical phenomenon, a musical phenomenon that comes around once every generation.

Star Bright as Hope

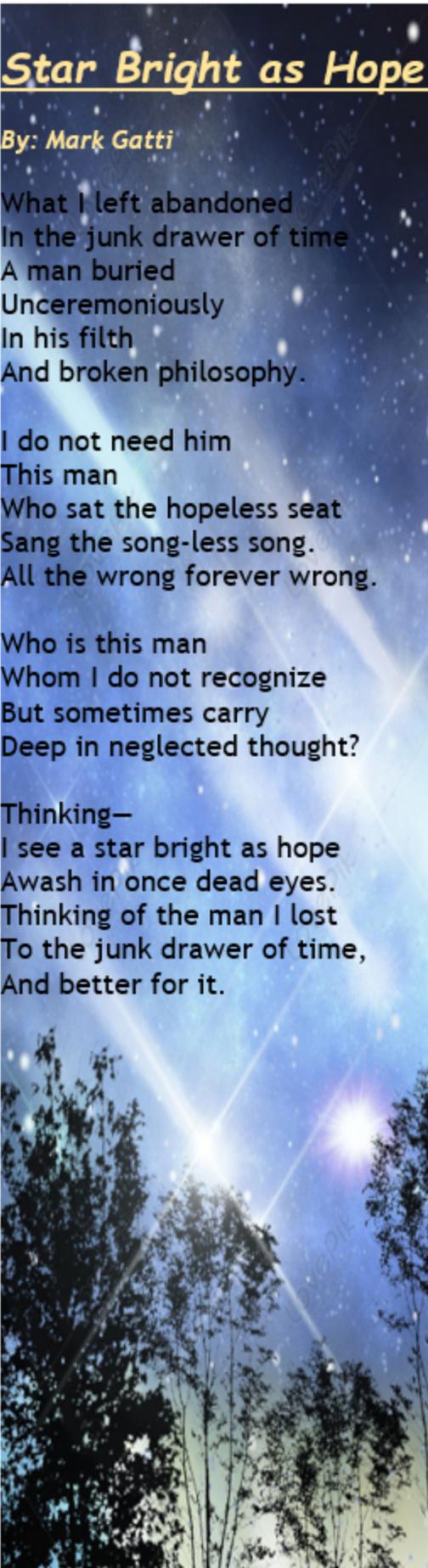
By: Mark Gatti

What I left abandoned
In the junk drawer of time
A man buried
Unceremoniously
In his filth
And broken philosophy.

I do not need him
This man
Who sat the hopeless seat
Sang the song-less song.
All the wrong forever wrong.

Who is this man
Whom I do not recognize
But sometimes carry
Deep in neglected thought?

Thinking—
I see a star bright as hope
Awash in once dead eyes.
Thinking of the man I lost
To the junk drawer of time,
And better for it.



More About Running

by Holly Martin

She heard a gunshot waking up for her third consecutive Turkey Trot and flashed back in her mind to all the starts of races that she did not recall. “Hmm,” she thinks, “I must just block out stuff lining up although now that I think of that, I do remember it going off just not for every race.” A lot of people will not hear a single gunshot. I heard one today because I went out to Letchworth State Park to run a five-mile online Turkey Trot version and it’s you got it, “deer season.” At about mile 1 I hear a rustling and turn my head to see one escaping from view. I had brought my “snowtrax”, the equivalent to runner’s shoes tire tracks that Velcro to the existing sneaker tread. “Alas, Buffalo seems ‘remote.’ The run re-energizes her depleted body which has shown her its limit acquiring cold, the flu, even food poisoning; however, running recreates her 7-minute adolescence pace and the innocence of physical fitness.



I see an owl, of off-white plumage. It lands to the leafless tree (name?) giving it a balancing branch, it’s offer. I look to see further details and “poof” it picks up its thunderous wings with a clap and switches tree. It’s exciting to run races and I think to myself, “did I make a mistake not joining the throng gathering this year?” What of it? I marvel at the owl’s strength and promise myself to seek more information about the wildlife occupying this space of ++++ square miles. A black bird possibly ¼ of the owl’s size slips into my field of vision. This is about mile four. I have read about something called “farklet” and start looking for signposts to speed myself up. We hang a left to see the Gorge overlook. It’s a 53:19 finish.



March 2023



DAYLIGHT SAVING TIME
 SPRING FORWARD
 March 12, 2023

New at GACE!
Join us!

*** See calendar for dates and times**

Peers Rising - Craft Night
 with Peer Bridger Pamela B.
Enjoy conversation and creativity with fellow crafters!

Zest 4 Life
 with Peer Bridger Tricia D.
Fun and interactive activities that promote self-improvement and growth.

Fun It Up! Game Night
 with Peer Mark F.
Meet new people and enjoy an assortment of board games. All skill levels welcome!

The St. Patrick's Day Color Flip Flop

In 1541, Henry VIII assumed the throne of English rule. During his reign, King Henry declared himself King of Ireland. He created a coat of arms for Ireland that displayed a golden harp with a sky-blue background. The color became known as "St. Patrick's Blue." Later, a division between British royalty and the Irish arose. Green was gradually adopted as the color of Irish rebellion from British rule.

Meanwhile, the green shamrock we've all come to know became the Irish's key symbol. In addition, the three colors of the Irish flag (green, white, orange blocks from left to right) each have their own meaning. Green represents the Catholics who rebelled against protestant England. Orange represents Protestants who do not idolize saints. White represents peace **between** these two factions.



While green has become nearly universally recognized as the color of St. Patrick's Day, St. Patrick's Blue is still worn by members of Ireland's St. Patrick's Cathedral Choir.

What do you get when you
 cross poison ivy with a *
 four-leaf clover? * * *

**A RASH OF *
 good LUCK!**

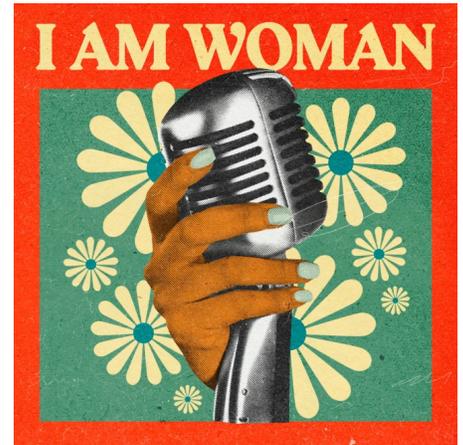
"Good Luck is Opportunity
 Meeting Preparedness."
 ~ Dr. Deepak Chopra

www.LifeOhm.com

March 2023 Playlist: Women's History Month

By Carolyn Brunelle

March is Women's History Month. This is a list of some of my favorite songs by women musicians.



1. **[“I Am Woman”- Helen Reddy](#)**

This song may be somewhat cheesy, but I love it. 51 years after its release, it is still relevant. We have come a very long way since 1972, but “I’m still an embryo, with a long-long way to go, until I make my brothers understand.”

2. **[“Will You Love Me Tomorrow?”- The Shirelles](#)**

Written by Carole King and taken to #1 on the pop charts by the Shirelles, this song was banned by some radio stations at the time for its sexually-charged lyrics. Its 1960 release coincided with the release of the contraceptive pill, signifying a connection between popular culture and women's liberation.

3. **[“The Warrior”- Patty Smyth](#)**

It's hard to sit still when listening to “The Warrior.” Its unbridled confidence reminds me that I have all the tools to dominate disappointments and overcome betrayal. And so do you. “Victory is mine...”

4. **[“Wishin’ and Hopin’”- Dusty Springfield](#)**

You know I love Dusty. And I love the song's writer, Burt Bacharach. I write this with a heavy heart, just having learned of Burt Bacharach's death. He is my most favorite songwriter of all time.

5. **[“You Know I'm No Good”- Amy Winehouse](#)**

My favorite period of music is the 1960s. But once in a while I find a more current musician who captivates me. Amy Winehouse was one of them.

6. **[“I Feel the Earth Move”- Carole King](#)**

I love Carole King. I saw her in concert in 2008 and she was amazing. I highly recommend listening to *Tapestry*, the album that this song is from.

7. **[“They Don't Know”- Tracey Ullman](#)**

Tracey Ullman's version of “They Don't Know” has many characteristics that make 1980s female pop music so exciting and satisfying to listen to. It has a shimmery production value and it stylistically draws from 1960s girl groups. What is there not to love about it?

8. **[“Disillusion”- ABBA](#)**

Agnetha Faltskog of ABBA wrote “Disillusion” and recorded it for the band's second album. Two years later she recorded it on a solo album in Swedish as [“Mina Ogon.”](#) I love the strings in her solo version. Listen to both and compare for yourself.

9. **[“Pavlov's Bell”- Aimee Mann](#)**

I saw Aimee Mann once in Boston. Front row. I think I scored one of her guitar picks. Fond memories of nearly 20 years ago. Her songwriting is fantastic and I love her production style.

10. **[“Goldfinger”- Shirley Bassey](#)**

This is my favorite James Bond theme song. It reminds me of a good period of my life. Sometimes music can help us return to places for a few minutes at a time. It's nice when that's a good thing.

“The Guitar is a Fun and Innovative Instrument” by Brian Ludwiczak, 2.20.23

The guitar is a fun and innovative instrument dating back over 150 years! Early guitars were made in Italy and Spain decades before ever making it to America. But when the guitar came here it was only the beginning....



A modern guitar is built with two separate pieces of wood. These wooden pieces can come from maple, alder, rosewood and many other great choices. One is used for the neck and the other for the body. At the end (bridge) of the body you put your six strings through and at the end of the neck you tie them to tuning pegs!



In between these ends, starting at the bridge, a guitar has an output for electricity, controls for volume and sound, and a pickguard. Then in the middle is the fretboard which is where all the fun of playing happens!

Every year when a new style of music needs a particular sound, companies all over the world build new guitars for them to use. Guitars in 2023 are very different than they were in 2013, or 2003, or even way back in 1953! Some may be very heavy, some may have wild colors, some may have a different amount of strings. All of them will get used at some point.

Ultimately to have a great guitar you need a great piece of wood for the neck and another for the body. Then you begin to add on the fretboard, controls, and all of the other great parts of the instrument. They can be built many different ways and plenty of popular players even build their own! Bands like Queen and Van Halen built and modified their guitars straight to superstardom!



The Founding Mothers of Restoration Society, Inc.

As part of Women’s History Month, this article is dedicated to RSI’s founding mothers.

The 1970s was the height of deinstitutionalization, which was a reform movement that’s goal was to develop mental health services in the community so psychiatric patients could move out of the hospitals and live in the least restrictive setting possible. Releasing patients who didn’t belong in psychiatric hospitals was a large-scale liberation for this population, but the services promised by the Community Mental Health Act of 1963 were underfunded and underdeveloped. Additionally, ex-patients (a term that some identified with) often struggled to reintegrate into society due to lack of support and lack of community.

This is why Restoration Society was founded. Constance Miller was a social worker at the Buffalo Psychiatric Center; Elizabeth B. Freeman had a degree in special education and served as the RSI CEO until 1982; Sophie Small was a psychiatric nurse; and Elloeen Oughterson was the president of Suicide Prevention and Crisis Services. Along with Evelyn Solomons, they saw the need for a safe place where ex-patients could reintegrate into the community.

If you were a 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.



Constance Miller



Elizabeth B. Freeman



Sophie Small



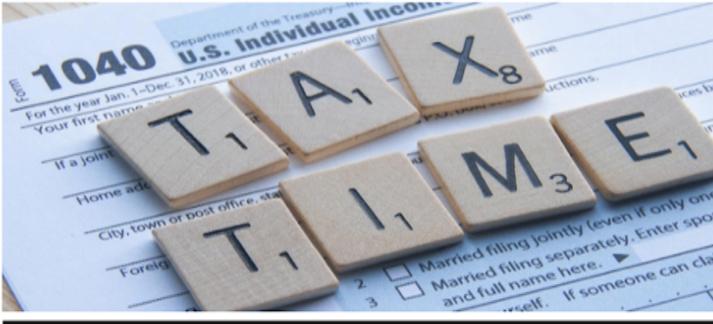
Elloeen Oughterson



Evelyn Solomons

-Written by Carolyn Brunelle

Free (In-Person) Tax Prep



Richmond-Summer Senior Center

337 Summer St
Buffalo, NY 14222

Dates Available: January 23-April 17 2023

Appointment Required: 716-553-5685

Autumnwood Senior Center

1800 Clinton Street
Buffalo, NY 14206

Dates Available: January 24- April 18 2023

Appointment Required: 716-553-5685

Northwest Buffalo Community Center

155 Lawn Ave
Buffalo, NY 14207

Dates Available: January 25-December 31 2023

Appointment Required: 211

Riverside Branch Library VITA

820 Tonawanda St.
Elanine Pantry Library
Buffalo, NY 14207

Dates Available: January 26-April 27 2023

Appointment Required: 211

University at Buffalo South Campus (Sunny Alpha Beta Psi)

100 Allen Hall
3435 Main St.
Buffalo NY, 14214

Dates Available: February 08- April 12 2023

Appointment Required: 716-444-6455

Daemen College

4380 Main St
Amherst, NY 14226

Dates Available: February 08- April 12 2023

Appointment Required: 888-696-9211



ACADEMY
OF PEER SERVICES

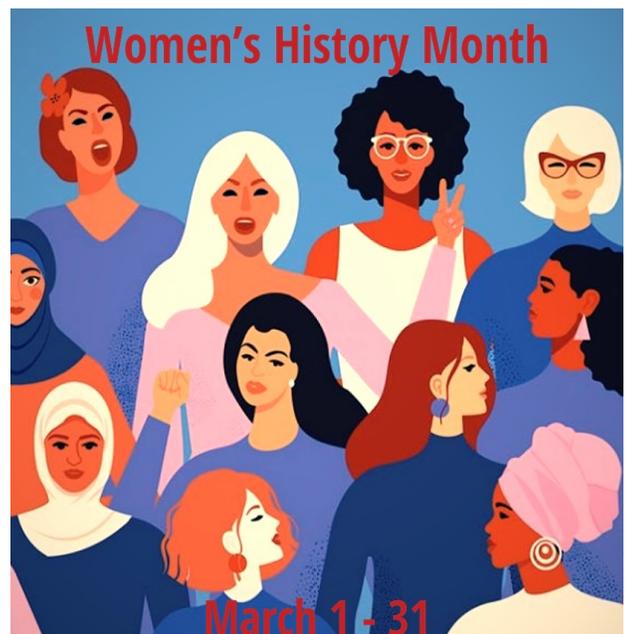
Want to become a certified
peer
support specialist in 2023?

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

DUNGEONS DRAGONS

1PM TUESDAYS AND
FRIDAYS AT 327 ELM STREET



Hobbies

By Mark Schenk, Empowerment Academy

To begin this article, I will write the definition of the word hobby.

Hobby: An activity done in one's leisure time for pleasure

With the above definition in mind, the following are reasons why people do not do their hobbies. Distractions (people talking, the television on at a loud volume, music playing at a loud volume, eating meals, having to go to the restroom). Finding space. Finding the time.

The reasons that I just wrote are also this writer's reasons. This writer also has an additional reason for not doing my hobbies. The reason that I am referring to is my near (if not full) obsession with perfection. My obsession with perfection often results in my starting drawings then ripping them from the drawing pad and throwing it away because I do not like the way it looks or in my opinion I used the wrong colored pencil.

In this writer's opinion, the word perfect is misleading and idea of perfect cannot be obtained. It is misleading because it gives people the idea that perfect can be obtained without hard work and in a short period of time. Instead of looking for perfection in doing hobbies (art in particular), I should ask the question am I satisfied with what I just drew. To continue the question, Am I satisfied with how my drawing looks or is there room for improvement.

My drawings are abstract (no specific picture in mind). I'm not saying that my drawings are perfect (that is a matter of another person's opinion). To conclude this article, do your hobby at a time and space of your choosing and do not be discouraged that the project that you have created is not perfect.



Community Acts of Kindness

Here at Empowerment Academy, there are groups held daily on a variety of topics.

Starting in February, a group was created by Rachael Carlson called Community Acts of Kindness. The first successful project was one that was completed on Valentine's Day. Starting in the beginning of February, our group began planning what we would do to spread love. The idea we came up with was to deliver four hundred treat bags with a unique kind message on

each to different locations in the City of Buffalo. We would like to thank all of the individuals who helped make this process possible. Specifically, all members of our Community Acts of Kindness group and staff and customers at Empowerment Academy. We are grateful for the acceptance and thank you from B-District Buffalo police station, Engine 1/ Ladder 2, City Hall, The Buffalo Public Library, Channel 2 News, Spectrum News, Channel 7 News, group homes, persons walking on the street and those in homeless shelters. We even had enough treats left to give to our customers at Empowerment Academy. Every Wednesday at 1pm, the members of Community Acts of Kindness meet at Empowerment Academy to continue working on ideas and projects.

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!



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.)

Program Spotlight: Parenting Support Services



What Parenting Support Services are available?

- Parenting support is provided through Empowerment Academy and comes in many different forms. Services can include court advocacy, supervised visitations, individualized parenting classes, individualized goal planning, and community linkage.

What makes Parenting Support Services at RSI unique?

- We aim to tailor services towards your unique needs or circumstances. Services are flexible (can be provided in the am/pm, weekday or weekend) and can be provided on-site or in the community. There is also no cost associated with our services.

I think I might be interested in services. Who do I contact?

- Come chat with us! The team consists of Sametra Polkah-Toe (RP II) and Amanda Kopacz (Program Manager). We can be reached at (716) 884-5216 Ext.498 *Please note that parenting support customers must meet Empowerment Academy eligibility requirements.

HELLO, EVERYONE IS
WELCOME TO ATTEND:

MARCH 14TH, 2023

3PM- 5PM

66 ENGLEWOOD AVE, BUFFALO NY

Corner of Cornell Street near Main Street

TRAX
PROGRAM
FINALE

RSVP HERE



Music, poetry, rap created by members of Clubhouse Buffalo

EAT, DRINK, MUSIC
COME JOIN US

Clubhouse Buffalo is operated by Restoration Society, Inc. and funded through NYS OASAS to support young people in living engaging and healthy lives without addiction.

CLUBHOUSE BUFFALO MEMBERSHIP IS OPEN TO AGES 13-22

ROADRECOVERY
PLAYING IT FORWARD



Office of Addiction
Services and Supports

OTDP





Veterans' Corner - History of Women in the Military

by Heidi Olsen

Ever since the Revolutionary War, women have served in the US military. During the Revolutionary War women would sew, cook, care for wounded, and cleaned laundry and cannons. Some women would dress as men and fight as men. Two of these woman were Deborah Sampson and Margaret Corbin. These women dressed as men and traveled with their husbands to the front lines of the Revolutionary War. Margaret Corbin traveled to the front lines of the battle of Ft. Washington, and assisted her husband in loading his cannon. When her husband was shot by enemy fire, it was Corbin who carried on the fighting, even after being shot three times by enemy fire. Margret Corbin was given a military pension and was eventually reburied at West Point with full military honors.



During the Civil War, nearly 20,000 women utilized their skills to assist men in the war effort. Clara Barton and Dorthea Dix would travel to the front lines of the war to assist the wounded soldiers. Historians estimate that about 1,000 women disguised themselves as men and fought on both sides of the Civil War.

Women would go to the front lines and assist the British Army in World War I. By June 1918, there were over 3,000 American nurses deployed to British operated hospitals in France. World War I was also the first time women who did not yet have the right to vote were allowed to openly serve in the US military.

During World War II many of the military branches had women enlist in their ranks. Women served in non combat roles. Nearly 350,000 American women served in uniform during World War II. The military emphasized the expectation of femininity within the ranks of women throughout the war. Women faced discrimination in a male-dominated arena. It was these women who paved the way for women to serve in the US military. Women who served in World War II would struggle for decades to obtain veteran status, or benefits for their service.

The Women's Armed Services Integration Act was signed into law by President Harry S. Truman in 1948 which officially allowed women to serve as full permanent members of all branches of the US military. This legislation limited the number of women who could serve to only 2% of each branch, and limited the number of women officers. This law also would allow women to be discharged from the military if they became pregnant, and could not command or serve in combat positions.

Approximately 11,000 women were stationed in Vietnam during the nearly 20 year Vietnam War where approximately 90% of these women were nurses in the Army, Navy, and Airforce. Two years after the close of the Vietnam War, the Pentagon announced that pregnant women could remain in the military.

Women continue to contribute to the defense and security of the United States while serving in the military. Women who serve in the US Armed forces still face discrimination and other hurdles for serving in the military in today's society.



⚡ FUN & PAC ANNUAL ⚡

CHILI

COOK-OFF

03.23.2023 327 Elm St. 11AM-2PM

Hot Prizes for the Best Chili!

Get more info and register to compete by emailing
funcommittee@rsiwny.org



BRING THE HEAT!



Empowerment Academy: March 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>6. 10a-11a: *Monday Check In w/Stephen 11a-12p: What is Bipolar Disorder w/ Renee S 1p-2p: Customer Run Group 2p-3p: Spirituality 4 Recovery w Mark 6:30p: Movie Night w/ Anthony</p>	<p>Visit or Contact Us! 327 Elm St., Buffalo, NY 14203 Phone: 716-884-5216 ext 498</p> <p>OUR HOURS: Mondays-Fridays: 9a-9p Saturdays and Sundays: 9a-1p</p>	<p>1. 10a-11a: Hands of Emotions *Trinton 11a-12p: Social Hour 1p-2p: Spirituality 4 Recovery w Mark 3p-4p: Living with Bipolar w/ Renee 6p-8p: WRAP Workshop w/ Anthony</p>	<p>2. EA will OPEN at 1pm due to a staff training *customers welcome to participate in training 1p-2p: Renee's Group 3p-5p: *WRAP for disasters 7:30p-8:30p: Group w/Anthony</p>	<p>3. 10a-11a: Confidentiality w/ Renee 11a-12p: Game Tournament 11a-3p: Wellness Outing 1p-4p: D&D w/ Stephen 2p-4p: Peer Career Services Community of Practice 4p-8p: Spades Club</p>
<p>13. 10a-11a: *Monday Check In w/Stephen 11a-12p: Meeting of the Minds w/ Renee S 1p-2p: Customer Run Group 2p-3p: Spirituality 4 Recovery w Mark 6:30p: Movie Night w/ Anthony</p>	<p>7. 10a-11a: Chess & Checkers Try 10a-11a: Starburst Game *Trinton 11a-12p: WRAP Planning 1p-3p: Trip Tuesday! (weather permitting) 6p-7p: Current Events w/Larry</p>	<p>8. 10a-11a: Anxiety & Depression w/Renee S 10a-11a: Newsletter Meeting 11a-12p: Mindfulness w/ Mark 1p-2p: Rachel's Group 3p-4p: Living with Bipolar w/ Renee 7p-8p: WRAP Workshop w/ Anthony</p>	<p>9. 10a-12p: PAC Meeting 1-2pm- Renee L's Group 2p-4p: Kitchen Planning 4pm: *Create emergency plans 7:30-8:30- Anthony's Group</p>	<p>10. 10a-11a: Friday Check in w/Renee L 1p-4p: D&D w/ Stephen 2p-4p: Peer Career Services Community of Practice 4p-8p: Spades Tournament</p>
<p>14. 10a-11a: Addiction and Recovery w/ Stephen 11a-12p: Newsletter Club 1p-3p: Trip Tuesday! (weather permitting) 6p-7p: Newsletter Writing w/Larry</p>	<p>15. 10a-11a: Anxiety & Depression w/Renee S 11a-12p: Social Hour w/ Pat 1p-2p: Rachel's Group 3p-4p: Living with Bipolar w/ Renee 7p-8p: WRAP Workshop w/ Anthony</p>	<p>16. 10a-12p: *Winter WRAP Plans 11a-12p: Current events w/EA 1p-3p: Renee L's Group 2p-4p: Christmas Dinner Shopping 7:30p-8:30p: Group w/Anthony</p>	<p>17. St. Patrick's Day 10a-11a: *Winter kits prep with Renee L 11a-12p: Game Tournament 1p-3p: Spades Try Rules Review w/ Renee S 1p-4p: D&D w/ Stephen 2p-4p: Peer Career Services Community of Practice 4p-8p: Spades Club & Rules</p>	<p>20. 10a-11a: *Monday Check In w/Stephen 11a-12p: What is Bipolar Disorder w/ Renee S 1p-2p: Customer Run Group 2p-3p: Spirituality 4 Recovery w Mark 6:30p: Movie Night w/ Anthony</p>
<p>21. 10a-11a: *Are You Prepared? 11a-12p: Newsletter Club 2p-3p: Trip Tuesday! (weather permitting) 6p-7p: Current Events w/Larry</p>	<p>22. 10a-11a: Anxiety & Depression w/Renee S 11a-12p: Mindfulness w/ Mark 1p-3p: Cooking Chili 3p-4p: Living with Bipolar w/ Renee 6p-8p: WRAP Workshop w/ Anthony</p>	<p>23. 10a-11p: PAC Meeting 11a-1p: Chili Cook-Off! 2p-3p: *Create emergency plans 3p-5p: Art Studio w/Adam 7:30-8:30- Anthony's Group</p>	<p>24. 10a-11a: Friday Check in w/Renee L 1p: Karaoke w/Renee 1p-4p: D&D w/ Stephen 2p-4p: Peer Career Services Community of Practice 4p-8p: Spades Club Tournament</p>	<p>27. 10a-11a: Monday Check In w/Stephen 11a-12p: What is Bipolar Disorder w/ Renee S 1p-2p: Resource Class with Mal 2p-3p: Spirituality 4 Recovery w Mark 6:30p: Movie Night w/ Anthony</p>
<p>28. 10a-11a: Addiction and Recovery w/ Stephen 11a-12p: Newsletter Club 1p-3p: Trip Tuesday! (weather permitting) 6p-7p: Newsletter Writing w/Larry</p>	<p>29. 10a-11a: Anxiety & Depression w/Renee S 11a-12p: Social Hour w/ Pat 1p-2p: Rachel's Group 3p-4p: Living with Bipolar w/ Renee 7p-8p: WRAP Workshop w/ Anthony</p>	<p>30. 10a-12p: *Winter WRAP Plans 11a-12p: Current events w/EA 1p-3p: Renee L's Group 2p-4p: Christmas Dinner Shopping 7:30p-8:30p: Group w/Anthony</p>	<p>31. 10a-11a: Almost Springtime with Renee L 11a-12p: Game Tournament 1p-3p: Harm Reduction Webinar 1p-4p: D&D w/ Stephen 2p-4p: Peer Career Services Community of Practice 4p-8p: Spades Club & Rules</p>	



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

MONTH'S ANNOUNCEMENTS

ONLINE SCHEDULE VIEW & EVENT SIGN-UP



UPCOMING ADVENTURES: SIGNUP BY...

3/10 NIGHT @ BURCHFIELD PENNEY

3/23 TRIP TO APOLLO MEDIA CENTER

3/24 TRIP TO LASERTRON

HONORABLE MENTIONS...

OPEN WEIGHT GYM @ CLUBHOUSE

MON, TUES, FRI 6-8

ASK ABOUT OUR COMMUNITY FRIDGE!

3/1/23 CANDLE WORKSHOP LED BY OUR ORGANIZATION'S DIRECTOR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>NEED TRANSPORTATION? WE'LL ARRANGE SOMETHING! CALL US!</p>	<p>ITS NATIONAL WOMEN'S MONTH</p>	<p>CREATIVE ARTS WORKSHOP</p> <p>WORLD CANDLE DAY CANDLE MAKING WORKSHOP</p>	<p>OPEN MIC NIGHT</p> <p>5PM-7PM</p>	<p>LADIES NIGHT OUT / GUVS NIGHT IN!!</p>
<p>NATIONAL OREO DAY</p> <p>BLACK BALLOON DAY</p> <p>MINDFUL MONDAY: GUIDED YOGA & MEDITATION</p>	<p>CHOOSEYOURFOCUS: COOKING WITH STAFF</p> <p>TABLE TALK</p> <p>COMMUNITY FRIDGE</p>	<p>CREATIVE ARTS WORKSHOP: EXPLORING PUBLIC WORK ARTS</p>	<p>OPEN MIC NIGHT</p> <p>5PM-7PM</p>	<p>BURCHFIELD PENNY ART CENTER</p> <p>NIGHT @</p>
<p>MINDFUL MONDAY: GOAL & MINDSET CHECK</p> <p>RECOVERY SUPPORT</p>	<p>TRAX MUSIC PROGRAM</p> <p>TRAX FINALE</p>	<p>CREATIVE ARTS WORKSHOP</p>	<p>PHOTOGRAPHY SESSION: DO YOU REALLY KNOW HOW TO WORK A CAMERA?</p>	<p>LADIES SELF CARE NIGHT @ CLUBHOUSE</p>
<p>SPRING EQUINOX</p> <p>MINDFUL MONDAY: YOGA NIGHT</p>	<p>CLUBHOUSE BRUNCH & COMMUNITY DAY</p> <p>1-3PM</p>	<p>1ST DAY OF RAMADAN CREATIVE ARTS WORKSHOP</p> <p>ORAGAMI</p>	<p>APOLLO MEDIA CENTER</p> <p>TABLE TALK</p> <p>4:30-6:30PM</p>	<p>NIGHT AT LASERTRON</p>
<p>AGENCY NIGHT</p> <p>MINDFUL MONDAY: GOAL & MINDSET CHECK</p>	<p>INDOOR PHOTOGRAPHY WORKSHOP</p> <p>5PM-7PM</p>	<p>CREATIVE ARTS WORKSHOP</p>	<p>ROCK CLIMBING OR BILLARDS</p> <p>5PM-7PM</p>	<p>BIRTHDAY CELEBRATION NIGHT!</p> <p>DID YOU HAVE A BIRTHDAY THIS MONTH</p>

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

220 East Main Street Batavia, NY 14020

(585) 343-9162

Genesee ACE Employment

Visit us on the web at:

rsiwny.org

Facebook

www.facebook.com/Restorationsocietyinc

Housing Solutions Tenant Forum

Lunch
Included

Wednesday

3/29/23

11:30am-1:30pm



66 Englewood Ave

(Corner of Cornell St. near Main St.)

You Have
a Voice

Contact your
RC to RSVP

Come share your
thoughts and ideas to
help shape the services
Housing Solutions
provides



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

