

Happy 4th of July!

July 21st

Join us at Empowerment Academy (327 Elm St.)
or virtually: meet.google.com/tfn-zvjy-abn
Every 2nd & 4th Thursday

10am - 11:30am

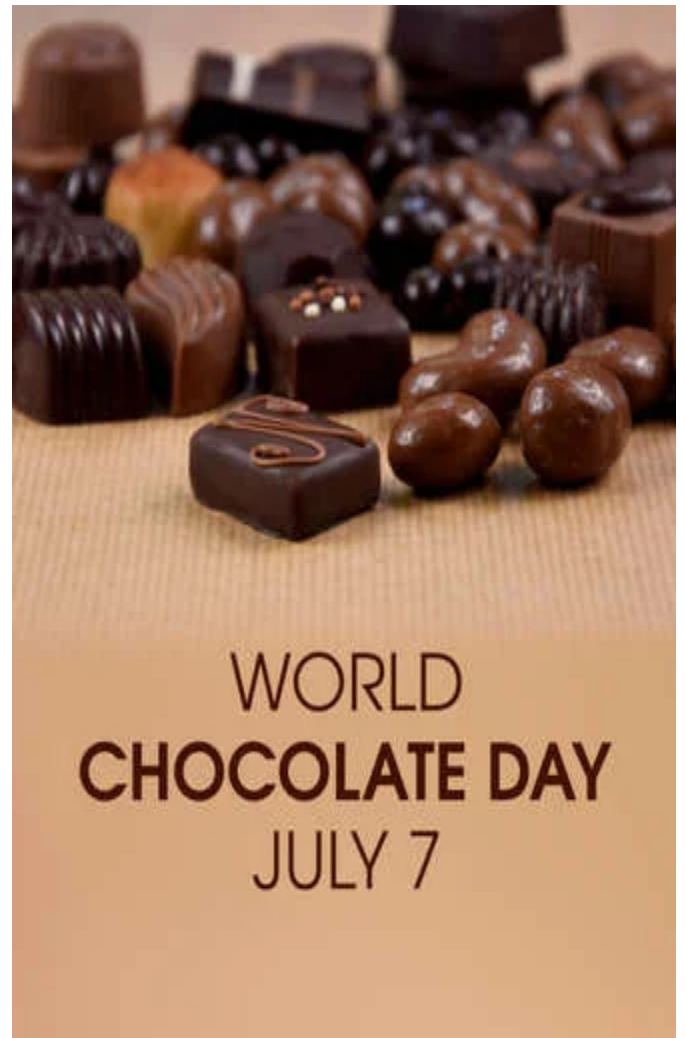


*Are you a current or former customer
of Restoration Society Inc.?*

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



for more information contact Adam at 716-208-8126



SHAKESPEARE
IN DELAWARE PARK



JUNE 23-JULY 17

AS YOU LIKE IT



JULY 28-AUG. 21

A MIDSUMMER NIGHT'S DREAM

FREE 7:15PM TUES.-SUN.



THE BARD'S IN OUR YARD!

SPONSORED BY
Wegmans For more details, visit shakespeareindelawarepark.org

SEASON SPONSOR
M&T Bank

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Council on the Arts


7 WKBW


THE TERRACE AT DELAWARE PARK


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LAMAR


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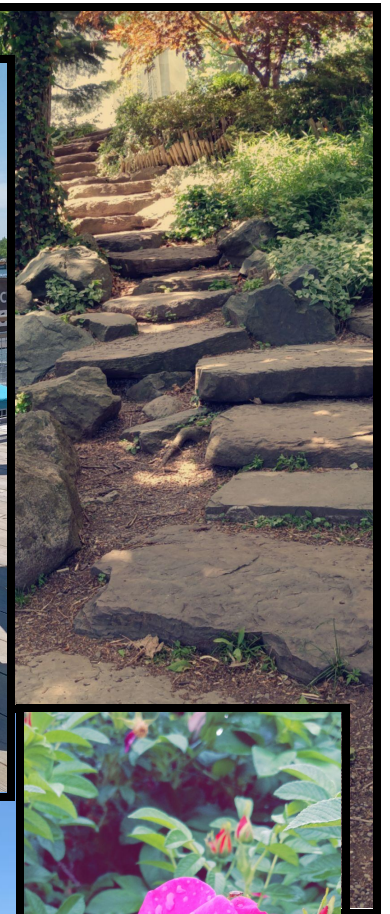



Check Where Have You
Always Wanted to Explore?
Let's Go!

Come join Empowerment Academy as we explore our community together!

Some of the places we explored in June:

- Bird Island Pier
- Japanese Gardens
- Anderson's for Ice Cream
- Boardwalk at Canalside
- Buffalo Harbor Skate Park
- Bison's Game
- Canalside



SAVE YOUR LIFE AND OTHERS'

by Christascha Knight

Fentanyl- Synthetic opioid used for painkillers during surgery. Carfentanil, Acetyl Fentanyl.

More than 1,000 Americans have died due to a drug overdose and 64 % have died due to Fentanyl mixed in with other drugs.

In 2022, the numbers are increasing. Have you received that dreaded call or saw that social media post?

Naloxone can reverse an overdose-reversing the effects of opioids!

For more training on Narcan see below:

JULY 2022

Saturday, July 9, 2022, 9-11 am

In-person Wednesday, July 16, 2022, 6 pm-8 pm at 3359 Broadway #2 Buffalo NY 14227

Tuesday, July 12, 2022, Lunch and Learn, 12-1 pm

Thursday, July 21, 2022, 6-8 pm

<https://www2.erie.gov/health/index.php?q=press/erie-county-opiate-epidemic-task-force-announces-narcan-us-e-training-schedule-summer-2022>

Community Resources: WNY Mobile OPS Brenda: 585-356-8712. www.wnymobileops.com Endeavor, Best Self, your counselor, Restoration Society Inc, Peer Support, Crisis Services, Addiction Hotline: 716-831-7007 24/7, and much more!

<https://www.211wny.org/> for more community resources!

**Text your request
for Narcan to
(716) 225-5473**



**We will
respond.**



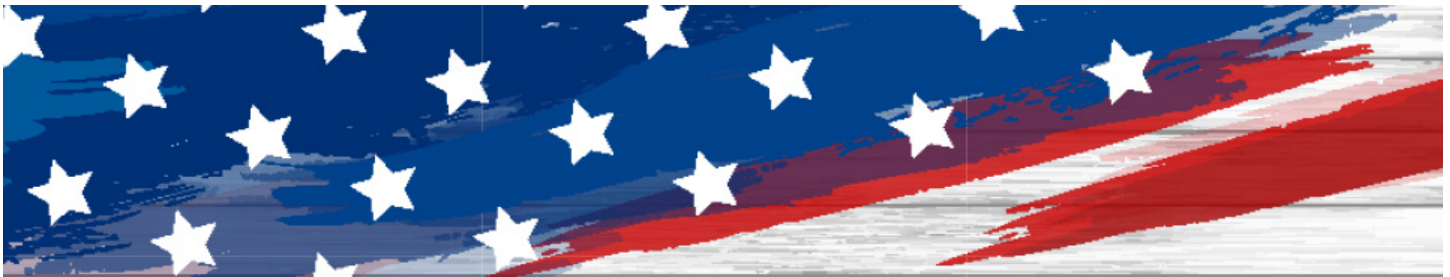
Veterans Corner - Ways to Increase Your Resilience

by Heidi Olsen

With this being summer, and what could be a tough time of year for some Veterans I would like to address ways that I have increased my resilience on my path to recovery with mental health.

- 1) Take care of your physical body - The drill sergeants were right when they had us drink water during training, and physical activity. If you eat better, you will end up feeling better. This also means getting enough sleep. For Veterans, sleep issues do occur. The VA has an app called CBT-insomnia for assistance with sleep issues.
- 2) Take Breaks, Do something relaxing - This may sound counter productive, but your mind, and your emotions need time to rest. You may want to start a meditation practice, read or research inspirational quotes, or curl up with a blanket.
- 3) Set SMARTER Goals - the word SMARTER stands for Specific, Measurable, Achievable, Realistic, Timely, Engaging, Rewards. Most people when they make goals are very vague and general. This may be a good place to start. To see any success, you want to set goals that you can track, and record your progress. You may even want to share your goals with your supports, both formal and informal.

May Veterans and everyone alike have a safe and enjoyable summer.



Statewide Trauma/Grief Support

These past few weeks, there have been a number of traumatic events, leaving us all to deal with emotions, grief, and pain. We wanted to inform everyone about a few additional supports available to help people deal with grief and emotional trauma resulting from the Buffalo tragedy and other recent traumatic events. Below are a few culturally relevant resources to help people navigate feelings and identify healthy ways to cope:



- MHEP-RISE Center (Mental Health Empowerment Project) is a direct resource for virtual groups as well as 24 hour peer support (1-800-643-7462).
- Recovery Options Made Easy (ROME) offers warmline support <https://recoveryoptionsny.org/peer-support/>. For more information call (716-532-5508). To access their warmline from 4PM -11PM call 844-749-3848.
- Mental Health Peer Connection (MHPC) offers monthly online support groups and other peer-run supports. Please visit <http://wnyil.org/Mental-Health-PEER-Connection> for more information.

Spotlight on The Yardbirds

by Tim Malley

In 1963 The Yardbirds became the house Band at the Crawdaddy club in London, (prior to that The Crawdaddy Club was the House band of The Rolling Stones, and incidentally before they were known as The Yardbirds they were known as The Metropolitan Six. They formed the group when they were still going to art school. They decided to name themselves The Yardbirds after a song by Jazz Saxophonist Charlie Parker and the name of the song of course, was Yardbird Suite. It was also in the year 1963 that Eric Clapton succeeded Anthony Topham as the lead guitarist for the Yardbirds, but later Eric Clapton left the Yardbirds and Jeff Beck succeeded Eric Clapton as the lead guitarist then finally right before the band broke up Jimmy Page then succeeded Jeff Beck as the lead guitarist of the Yardbirds. But more than anyone else it was Giorgio Gomelsky who helped to launch The Yardbirds The Yardbirds were: Chris Dreja, Paul Samwell Smith, Jim McCarthy, Eric Clapton and Keith Relf. In April 1964, The Yardbirds played at Hyde concert in London and it was an exciting concert. My favorite song from that concert was "Too Much Monkey Business", in fact I thought lead singer Keith Relf did a superlative rendition of the song, (The Yardbirds version of "Too Much Monkey Business" was even better than the Elvis version which was released on January 15th 1968). After the stunning success of their Hyde Park concert in London the Yardbirds then toured England in late 1964 to late 1965 with Blues Harp player Sonny boy Williamson. It was a fantastically successful tour as The Yardbirds and their fans were really enamored with the old Blues Harp player Sonny Boy Williamson, (who was born Rice Miller). This ends part 1 of Spotlight on The Yardbirds.



Congratulations to Tim Malley!

His article titled "My View: I never thought it would happen to me" was featured in the Buffalo News! The article can be found —> [Tim Malley's Buffalo News Article](#) Check It Out!



Older Adults Part 3

By Holly Martin

What happens when a service animal loses his or her tolerance for a situation? This happened to me. February 2021, I lost my nerve walking out of a Spanish speaking workplace that I grew to, for once, enjoy going to. I might have cried a quarter cup of tears, and froze in the principal's text, "What are you going to do?" In this video "Older Adults Part Three", we hear from NY state's champion peers who address issues for the most part not understood by the public at large; however, nothing I heard ever amounted to getting back that which gets destroyed as our bodies adapt to changes, for example, not living with family and forging out into this public world, scared of what's on the other side of the wall. One advocate, in the "advice" part, expresses his rebuttal to those in charge of restraint, seclusion, state hospital privileges, and electroconvulsive shock therapy protocols as "focused outrage." In the movie "Back to the Future," we go back over what happened to Marty McFly's life, even seeing the DeLorean to speed through the time zones. In our future, if we could flash forward, I would not doubt that accommodations such as having Sophie with me, would apply to others. There's merit to a course on the legalities and tricks to get through work, and life, having a service animal, or support animal, or even if it's one's choice, a therapy animal. For Sophie, I take her to this place called The Canine Sport Complex 125 Arthur Street Buffalo, NY 14207. One presenter in this video says "If something disturbs us, could it be that possibly it's a disturbing situation?" If it weren't for Sophie, I could not have maintained a cleaning position and budgeted out saving for my Kia.





Harbor House Resource Center

241 Genesee Street
Buffalo NY 14204
-Corner of Genesee & Michigan

Providing community resources to
individuals experiencing homelessness &
mental health diagnosis

Providing a safe place to shower, access to
hygiene accessories, complete laundry
services, light snack, and gain resources to
the community (including housing
assistance).

July's Community Resource Spotlight: ***FRIENDS OF THE NIGHT***

Location:

394 Hudson Street

Buffalo NY 14201

Phone: 716-884-5375

HOURS:

10:00AM- 7:00PM

SOUP KITCHEN:

BREAKFAST: MON-FRI (9AM-11AM)

DINNER: SERVED DAILY(5PM-7PM)

PRIMARY SERVICES

- Case/Care Management
 - Eye Care
 - General Clothing
 - General Medical Care
 - Laundry Facilities
 - Public Showers
 - Soup Kitchen
- 

July Playlist: Songs From My Wellness Toolbox

By Carolyn Brunelle

This month has been stressful. Here are songs that help me under these conditions. I hope they help you, too.

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

I was recently overwhelmed when shopping at Lowes. This started playing, and everything just melted away.

2. [“Kiss Me”- Sixpence None the Richer](#)

Although I firmly believe that 7th grade is something that one survives, I love this song so much that I don’t mind the flashback to 7th grade I experience every time I hear it. It is also fun to play on guitar.

3. [“They Don’t Know”- Tracey Ullman](#)

I can listen to this song on a loop. I actually have done this on my lunch break. I listened to every cover version of it that I could find, and when I ran out of them I listened to Tracey Ullman’s again. It significantly improved my day.

4. [“Afternoon Delight”- Starland Vocal Band](#)

With its multiple innuendoes, this song easily serves as comedic relief. I love it from start to finish. I know every lyric and enjoy every harmony. The instrumentation is phenomenal. **And** it is hilarious. Plus- “When everything’s a little clearer in the light of day/And you know the night is always gonna be here anyway” is something you just can’t argue with.

5. [“Tiger”- ABBA](#)

“Tiger” has been my jam for months. I can’t get enough of it.

6. [“Don’t Sleep In the Subway”- Petula Clark](#)

I have included this on my playlist before. Listening to it is relaxing, and I love it. The lyrics, though, suggest she is singing about an abusive relationship. Pro tip: If you find that you’ve “heard it all a million times before,” I encourage you to actually close that door.

7. [“You’re the One”- The Vogues](#)

This song is two and a half minutes of pure happiness. Fun fact: Petula Clark wrote it. The buildup to the chorus is my favorite part.

8. [“Second Hand News”- Fleetwood Mac](#)

The driving rhythm of “Second Hand News” is amazing. So is Stevie Nicks’s upper harmony. It would have been lovely if Lindsay Buckingham wrote actual lyrics for the chorus instead of just “bow-bow-bow,” but the absence of words in music can speak (or sing) volumes.

9. [“Mambo”- Leonard Bernstein](#)

If you’ve seen *West Side Story*, you’ve heard this instrumental masterpiece. If I am having a rough time, listening to this can turn things around.

10. [“Going Mobile”- The Who](#)

From their 1971 album *Who’s Next*, “Goin’ Mobile” showcases Pete Townshend’s songwriting talent. My favorite part is the change in groove at 0:57 and 2:52. It simply feels good.



We are excited to announce the appointment of David Merlo as RSI's new Managing Director as part of our executive administrative team! Dave comes to RSI with decades of experience in mental health, education, rehabilitation and recovery, and the peer movement. Dave began his career with RSI..... for nearly ten years, first as a front liner and then as a supervisor; and he has continued his service to RSI with years of Board experience. Dave also has extensive teaching experience in Occupational Therapy, including developing the curriculum and program for Bryant & Stratton College as its founding director. Dave is a certified trainer of Boston University's Center for Psychiatric Rehabilitation, which is at the heart of our services and practices. Dave deeply understands recovery services, the customer-driven model and will lead by example and practice.



In many ways Dave has never left RSI and now he is coming home to serve our RSI community in this new role. Dave will be involved in all of our services and focus primarily on Customer Service/Quality Assurance, Strategic Planning Initiatives and Special Projects.

The addition of a Managing Director will help position RSI for future opportunities and help ensure our success and quality.

Please welcome Dave as he starts in his newest role at RSI! Congratulations David!

HUNGRY?

DELAWARE AVE. AND NIAGARA SQUARE



SATURDAY, JULY 9th 11AM - 9PM

SUNDAY, JULY 10th 11AM - 7PM

THE VETERANS ONE-STOP CENTER OF WNY AND
THE U.S. DEPARTMENT OF VETERANS AFFAIRS PRESENT

WNY STAND DOWN

Sponsored by UnitedHealthcare

Join us for a gathering of service providers and vendors offering services, information, surplus and food to Veterans!



4 dates and locations to serve the Western New York Veteran population!

SAHLEN FIELD (BUFFALO)
1 JAMES D GRIFFIN PLAZA, BUFFALO, NY 14203
AUGUST 30, 2022 | 10AM-3PM

JAMESTOWN COMMUNITY COLLEGE:
CATTARAUGUS COUNTY CAMPUS
260 N UNION ST, OLEAN, NY 14760
SEPTEMBER 29, 2022 | 10AM-3PM

HEART, LOVE AND SOUL (NIAGARA FALLS)
939 ONTARIO AVE, NIAGARA FALLS, NY 14305
OCTOBER 28, 2022 | 10AM-3PM

JAMESTOWN COMMUNITY COLLEGE
525 FALCONER ST, JAMESTOWN, NY 14701
NOVEMBER 17, 2022 | 10AM-3PM

REGISTER HERE: [BUFFALOSTANDDOWN.ORG](https://buffalostanddown.org)

Open to Veterans and one guest. You must pre-register and choose your date and time slot. For more information or registration assistance, please contact Alyssa at veteransfirst@vocwny.org, or call 716-898-0110.



U.S. Department of Veterans Affairs
Veterans Health Administration
VA Western New York Healthcare System



VETERANS
M&T Resource Group
Western New York

5 FACTS ABOUT PET FIRE SAFETY

1. Pyro Pets

Pets cause over 1,000 house fires each year in the United States

2. A Big Problem

Nearly 360,000 house fires occur each year in the United States.

3. Save a Life

Over 40,000 pets die every year in house fires. Awareness can save lives.

4. Furry (and Slithering) Heroes

There are thousands of stories about pets, even snakes, saving humans from house fires.

5. Have a Plan

The #1 tip is to have an escape plan that includes your pets.





Empowerment Academy: July 2022



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|--|
| Visit or Contact Us! 327 Elm St. Buffalo, NY 14203 Phone: 716-884-5216 | Hours of Operation Mon-Fri 9am-9pm Sat & Sun 9am-1pm | The events on this calendar are subject to change due to unforeseen circumstances Please call ahead to confirm 716-884-5216 ext. 498 | *** Contact Adam with questions about these at 716-208-8126 | 1 10a-11a: Friday Check in w/Renee 11a-12p: Let's learn w/ Christopher 1p-3p: Wellness Outing w/ Dave 1p-5p: Recovery Dungeons and Dragons 2p-4p: Peer Career Services Community of Practice 4p-8p: Spades Club |
| 4th of July! EA Open: 10a-2p | 5 10a-11a: Addiction and Recovery w/ Stephen 11a-12p: Craft Time 1p-2p: Dave's Group 2p-4p: Trip Tuesday! 6p-7p: Current Events w/ Dave | 6 10a-11a: Anxiety & Depression w/Christopher 11a-12p: Social Hour w/ Renee 1p-2p: Rachael's Group 7p-8p: WRAP Workshop w/ Anthony | 7 9a-1p: EA CLOSED (Staff training) 1p-2p: Renee's Group 7:30p-8:30p: Group w/Anthony | 8 10a-11a: Friday Check in w/Renee 11a-12p: Game Tournament 1p-3p: Wellness Outing w/ Dave 1p-5p: Recovery Dungeons and Dragons 4p-8p: Spades Club |
| 11 10a-11a: Monday Check In w/Stephen 11a-12p: Pat's Group 1p-2p: Customer Topic w/Dave 6:30p: Movie Night w/ Anthony | 12 10a-11a: Addiction and Recovery w/ Stephen 11a-12p: Newsletter Club 1p-2p: Dave's Group 2p-4p: Trip Tuesday! 6p-7p: Newsletter Writing w/ Dave | 13 Darien Lake: 10a-6p* call for info 10a-11a: Anxiety & Depression w/Christopher 11a-12p: Social Hour w/ Renee 1p-2p: Rachael's Group 3p-4p: Goal Setting with Aminah 6p-8p: Movie Club w/Anthony | 14 10a-12p: Peer Advisory Council (PAC) w/ Adam (Free Coffee and Biscotti)*** 1p-2p: Renee's Group 3p-5p: RSI Art Studio w/ Adam*** 7:30p-8:30p: Group w/Anthony | 15 10a-11a: Friday Check in w/Renee 11a-12p: Let's learn w/Christopher 1p-3p: Wellness Outing w/ Dave 1p-5p: Recovery Dungeons and Dragons 2p-4p: Peer Career Services Community of Practice 4p-8p: Spades Club |
| 18 10a-11a: Monday Check In w/Stephen 11a-12p: Pat's Group 1p-2p: Customer Run Group 6:30p: Movie Night w/ Anthony | 19 10a-11a: Addiction and Recovery w/ Stephen 11a-12p: Craft Time 1p-2p: Dave's Group 2p-4p: Trip Tuesday! 6p-7p: Current Events w/ Dave | 20 10a-11a: Anxiety & Depression w/Christopher 11a-12p: Social Hour w/Renee 1p-2p: Rachael's Group 6p-8p: WRAP Workshop w/ Anthony | 21 10a-11a: Kitchen Planning w/ Stephen 11a-12p: Current events w/EA 1p-2p: Renee's Group 7:30p-8:30p: Group w/Anthony | 22 10a-11a: Friday Check in w/Renee 11a-12p: Game Tournament 1p-3p: Wellness Outing w/ Dave 1p-5p: Recovery Dungeons and Dragons 2p-4p: Peer Career Services Community of Practice 4p-8p: Spades Club |
| 25 10a-11a: Monday Check in w/Stephen 11a-12p: Pat's Group 1p-2p: Customer Topic w/ Dave 6:30p: Movie Night w/ Anthony | 26 10a-11a: Addiction and Recovery w/ Stephen 11a-12p: Newsletter Club 1p-2p: Dave's Group 2p-4p: Trip Tuesday! 6p-7p: Newsletter Writing w/ Dave | 27 10a-11a: Anxiety & Depression w/Christopher 11a-12p: Social Hour w/ Renee 1p-2p: Rachael's Group 3p-4p: Boundaries w/ Aminah 6p-8pm: Movie Club w/Anthony | 28 10a-12p: Peer Advisory Council (PAC) w/ Adam (Free Coffee and Biscotti)*** 1p-2p: Renee's Group 3p-5p: RSI Art Studio w/ Adam*** 7:30p-8:30p: Group w/Anthony | 29 10a-11a: Friday Check in w/Renee 11a-12p: Let's learn w/Christopher 1p-3p: Wellness Outing w/ Dave 1p-5p: Recovery Dungeons and Dragons 2p-4p: Peer Career Services Community of Practice 4p-8p: Spades Club |

CLUBHOUSE BUFFALO

July, 2022

66 Englewood Ave, Buffalo, NY 14214

(716)832-2141 ext. 212, 242, 249, or 217

Hours for Ages 13-15 years of age

1pm to 6pm

Hours for Ages 16-21 years of age

4pm to 8pm

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|--|
| Free Meals Daily | We will continue to MASK UP |  |  | 1 Fitness day (<u>indoor or OUT</u>) 13-to 15 <u>Board GAMES</u> |
| <u>4 Independence Day CLUBHOUSE CLOSED</u> | 5 TED talk Friendships 2pm LGBTQA- Dinner 5:30p | 6 National Fried chicken day Life skills 2pm Food prep 4pm table etiquette – Dinner @ 5:30p | 7 4pm Table Discussion Kindness and Giving back Fitness Group 6pm | 8 Roller Skating Outing All day. |
| 11 Art Appreciation-1pm & 6pm Talk to me at 1pm & 5pm | 12 TED talk Friendships 2pm LGBTQA- Dinner 5:30p | 13 2pm pool tournament 5pm Pool Tournament | 14 Music appreciation 13-15 Lyrics open discussion 6pm recovery my WAY 16-21 | 15 Community Family Day All Day, All ages |
| 18 Art Appreciation-1pm & 6pm Talk to me at 1pm & 5pm | 19 TED talk Friendships 2pm LGBTQA- Dinner 5:30p | 20 National Hot Dog Day 2pm Peace Hub 13 to 15 5pm Franks Gourmet Hot dogs | 21 Day at the PARK 2-5pm 13 to 15 Day at the PARK 16-21 6pm to 8pm | 22 Birthday Celebrations All Day |
| 25 Art Appreciation-1pm & 6pm Talk to me at 1pm & 5pm | 26 TED talk Friendships 2pm LGBTQA- Dinner 5:30p | 27 2pm Recovery my WAY Ages 13-15 Life Skills financial Planning Ages 16-21 | 28 Darien LAKE Must RSVP <u>ALL DAY at Darien</u> Must RSVP BY the 25 th of July | 29 Bison's Baseball Game You Must RSVP |

What is the Purpose of a Job Coach?

Job coaches are individuals who specialize in assisting individuals with disabilities to learn and accurately carry out job duties. Job coaches provide one-on-one training tailored to the needs of the employee.



motivation



training



skills

COACHING



solutions



success



potential

Some Benefits of Having a Job Coach

- Job Search and Career Change Help. First, career counselors/coaches can help you navigate the job market. ...
- Long-Term Career Planning. ...
- Moral Support and Confidence. ...
- An Outside Perspective and Honest Feedback. ...
- Your personal cheerleader



COME VISIT US AT ANY OF OUR LOCATIONS:

66 Englewood Ave, Buffalo, NY 14214

(716) 832-2141

Administration Office, Housing Solutions & Clubhouse Buffalo,
CALM CV-19 Housing Solutions

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:

www.rsiwny.org

Facebook

www.facebook.com/Restorationsocietyinc

Emotional Support Helpline

844-863-9314

**For resources, coping articles,
and local providers:**

NYProjecthope.org

NY Project Hope
Coping with COVID



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

