



Horizons Newsletter

Volume 1, Issue 7 July 1, 2014

EXPLORING THE ART BY THE FERRY FESTIVAL

By: Luba Rios

On Sunday, June 8th, 2014, there was a trip that some Sky Light members attended, to The Art by the Ferry Festival. I and two other members, along with Robert, went to the festival. There were so many things to look at! I think the paintings looked awesome!

There were stands for people to purchase various items. I saw many great paintings from great different artists who are famous! They were original and the best! The souvenirs at the festival were so expensive.

When we finished walking around the

festival, we decided to go down to Bay Street and see some other paintings and entertainment. But, to our surprise, there were free chips and lemon cookies!

After that, we called it a day! I thanked Robert for a fun and exciting day! Life is good in the neighborhood!

Signed, Luba Rios



Special points of interest:

- Wellness Calendar
- Event Calendar
- Menu Calendar
- Food Pantry
- Unit Updates
- Change of Sunday Hours
- Holiday Hours

Inside this issue:

Standard Discussions	2
Employment Recognitions	2
Employment Opportunities	2
Unit Updates	3
Policy Minutes	4
Wellness Calendar	5
Event Calendar	6
Menu Calendar	7
Announcements	8

Job Club and Starting a Job!

By: Lisa Chalco

My name is Lisa Chalco. I have been a member of Sky Light since November 2013.

I came to Sky Light in hopes of finding a job. I was not sure of what kind of job I wanted, so I attended the weekly Job Club which meets every Tuesday afternoon at 1:00pm. Job Club

helps with such skills as resume writing and preparing for an interview, by offering tips of what to say and how to dress for the interview. We also watch videos on interviewing skills, where we see how other people put these tips into action. After viewing these videos, there is a discussion with the staff and members to review the tips from the video, so we can feel comfortable when going for an interview.

I was able to put these skills into practice when I recently went on a job interview for a Day Care position on Harbor Road. It's a great feeling to start a job, but also a little scary, because you don't always know what will happen in the future. The first few months are the most important because as a new employee, you are still being viewed to see if you will be kept or not. fingers crossed.

Clubhouse International Standard Discussion

19. All work in the clubhouse is designed to help members regain self worth, purpose, and confidence; it is not intended to be job specific training

20. Members have the opportunity to participate in all the work of the Clubhouse, including administration, research, intake and orientation, reach out, hiring, training and evaluation of staff, public relation, advocacy and evaluation of Clubhouse effectiveness.

21. The clubhouse enables its members to return to paid work through Transitional Employment,

Supported employment and independent employment; therefore, the clubhouse does not provide employment to members through in house business, segregated Clubhouse enterprises of sheltered workshops.

The Clerical unit finds the second half of this standard to not be true... Anyone else agree?... Sky Light will be opening a community thrift store in the 307 building. We will employee members as T.E.

22. The clubhouse offers its own Transitional employment program, which provides as aright of

membership opportunities from members to work on job placements in business and industry. As a define characteristic of a Clubhouse Transitional employment Program, the Clubhouse guarantees coverage on all placements during member absences. In addition the Transitional employment program meets the following basic criteria

A) The desire to work is the single most important factor determining placement opportunity.

Employment Recognition

T.E.

Laura P.
April R.
Vera L.
Ray Martinez

Bay Street Thrift Shop
Bay Street Thrift Shop
Bay Street Thrift Shop
Northfield Savings
Bank

Floor Clerk
Floor Clerk
Floor Clerk
Maintenance

There are two spaces open at the Bay Street Thrift Shop.

S.E.

Raymond F.
Robert Kim
Joel M.
Concetta T.
Ellen S.
Daniel P.
Audrey L.
Christina B.
Charles L.

T.J.Maxx
T.J.Maxx
T. J. Maxx
T.J. Maxx
T.J. Maxx
J.C. Penney
NAMI
Baltic Street
Baltic St.

Stock
Stock
Stock
Fitting Room
Fitting Room
Sales
Clerical
Peer Advocate
Maintenance

Employment Opportunities

There are so many employment opportunities!!

Please, if you want to find gainful part time employment in the community, see the opportunities side of the clerical unit.

Your perfect job is out there and Sky Light Center wants to help you find it and maintain it!

I.E.

Lorrie R.
Paul P.

Sister Louise
Manor
NAMI

Safety
Respite

Kitchen Unit Update

The Kitchen Unit would like to thank all members who participate in the kitchen with the morning meeting, food prep, the basement run and meal serving on a daily basis.

The Kitchen Unit morning meeting is held on the third floor in the Kitchen Unit at 9:30am. Monday through Friday. Please join us!

Smoking Cessation in July will be held on Friday, July 18th, at 11am. Patches, lozenges and gum will be avail-

able to members participating in the workshop. Please see Carlos, Zaqia, or Meagan for help kicking the habit.

All members participating in Weight Watchers can now learn how to use "e-tools" on the Weight Watcher's Website. Weight Watcher's continues to be held Tuesdays on Richmond Ave & Hylan Blvd.

Food pantry will be held on Wednesday, July 2nd, 16th and 30th from 2pm -3pm

The Nutritionist will be here at

Sky Light Center every other Tuesday at 5:15pm in July to discuss healthy eating habits.

We would like to thank all the members that sweat it out with us in the Kitchen Unit including: Roberto B., Joel M., Robert V., Ray F., Ray B., Holly L., David I., Debbie J., Carolyn V., Roberto B., Christine B., Irakly S., Rick N., Shirley N., Andre W., Milton G., Eddie R., Dominic M., Nicholas N., and David O.

. Recreation: There will be a walking group every Sunday, weather permitting. We participate in

Clerical Unit Update

1. Enrollment and Orientation continues to take place on Wednesdays at 2pm. Please welcome new members Willie, Eric, Herbert, and Mike to the clubhouse!

2. Attendance: Thank you to all those members who have been helping out with our Attendance, TE'S and SE's, outreach data entry, and outreach print outs: Andre W., Anthony A., John K., Lisa C., Lori N., Lorrie R., and Pat F.

for all their hard work.

3. Employment: We encourage those interested in employment to attend Job Club on **Tuesdays at 1pm**. We encourage members to fill out a Vocational Service Plan with their service coordinator if they are interested in working. See your service coordinator as new jobs become available, as you will be considered when ready. If you are

interested in going to WORK-FORCE 1, they have a community based orientation every Thursday at 11a.m. Please see Christina. Resume writing is on Fridays at 3:30.

4. Food Education workshop is on **Tuesdays at 2pm**.

5. Attic Treasures hours are Mondays 3pm-4pm, Thursdays 10:30-11:30am, and Fridays 2:30pm-4:00pm.

Administration Unit Update

Stay tuned for the Composting Meeting!

1. Recognitions: Thank you to the following members who have been helping in the Admin unit: Lorrie R., Audrey L., Liz M., and Daniel P. Please stop by our unit (we're conveniently located across from the library)

and get involved in the work-ordered day.

2. We are now a member of the Material for the Arts (MFTA)!! That means we take a road trip to Long Island to pick up fine art supplies for free! We need to discuss how we are go-

ing to get an Art Program up and running to; 1. Help people in their recovery, and 2. To Bust the stigma associated with Mental illness in the Community.

****These minutes are from the May meeting. The June meeting was postponed. Next meeting will be July 1st.****

Attendance: .Audrey L., Albert A., Diana H., Lorrie R., Margaret W., Sandra B., Joel M., Carolyn V., Luba R., Jeff S., Meagan W., Zaqia R.

Co-Chairs: Jeff S. and Joel M.

Agenda

1. Sunday Hours
2. Composting
3. Green Market
4. Bikes
5. Fire Guards
6. Thrift Shop
7. Basketball Court
8. Satisfaction Survey

Issue #1– Sunday Hours

Proposal: The attendance is low on Sundays and increasing the hours is suggested.

Discussion: If the attendance does not improve then Sundays recreation could be cut.

Decision: The Sunday hours will change to 9am-6pm so that trips can take place. The estimated date for new Sunday house is July 6th ,2014..

Issue #2– Composting

Proposal: Sky Light will be composting scraps in the backyard. .

Discussion: The compost bin has arrived. Robert is interested in overseeing this project.

Decision: Kitchen will save items that are suitable for composting

Issue# 3 Green Market

Proposal: Having an info table at the Greenmarket.

Discussion: Original idea to sell jams may not be feasible due to distance of farms from which we would purchase ingredients. Having an info table was suggested instead.

Decision: Ongoing

Issue #4 Bikes

Proposal: Getting bicycles for recreation.

Discussion: Initially only one person was interested in the bikes. Other members have expressed interest during this meeting.

Decision: Sky Light will purchase four bikes.

Issue# 5 Fire guards

Proposal: Liz M. asked if Sky Light has anyone who is assigned as a fireguard to check the fire extinguishers.

Discussion: She asked because of a car accident that happened in front of the building for which two fire extinguishers were used. Diana said there is a company that comes in to check.

Decision: The issue was closed.

Issue#6 Thrift Shop

Proposal: Sky Light wants to open a community thrift shop on the first floor.

Discussion: The thrift shop will be named 307 Thrift and is in the process of moving forward.

Decision: Sky Light Thrift Shop was approved by the board and Sky Light properties as well .

Issue#7. Basketball court

Proposal: Sky Light is installing a basketball court

Discussion: Sky Light is waiting for a third bid.

Decision: Basketball Court is ongoing.

Issue#8 Satisfaction Survey

Proposal: To discuss issues

Discussion: How to increase member satisfaction

Decision: To discuss areas that need improvement in the morning unit meetings.

Next meeting : July 1st

Co Chairs: Audrey L. and Meagan W.



JULY WELLNESS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<u>July Awareness</u> Fireworks Safety Month Eye Injury Prevention Month UV Safety Month		1. Zumba: 3:30pm Yoga/ Tai Chi: 5pm	2. Food Education Workshop: Jazzercise: 3:30 pm-4:30pm	3. Weight Watchers: 3:30pm	4.	5. Walking Group: 1pm
6. Walking Group: 1pm	7.	8. Food Education Workshop: 2-3; Zumba: 3:30pm Yoga/ Tai Chi: 5pm	9. Jazzercise: 3:30 pm-4:30pm	10. Weight Watchers: 3:30pm	11.	12 Second Saturday Art Walk.
13. Walking Group: 1pm	14.	15. Food Education Workshop: 2-3; Yoga/ Tai Chi: 3:30pm Nutritionist: Topic:: Nutritional Information on Fast Food	16. Jazzercise: 3:30 pm-4:30pm	17. Weight Watchers: 3:30pm	18. Smoking Cessation: 11am	19. Walking Group: 1pm
20. Walking Group: 1pm	21.	22. Food Education Workshop: 2-3; Quality of Wellbeing Zumba: 3:30pm Yoga/ Tai Chi: 5pm	23. Jazzercise: 3:30 pm-4:30pm 	24. Weight Watchers: 3:30pm	25.	26. Walking Group: 1pm
27. Walking Group: 1pm 	28.	29. Food Education Workshop: 2-3; Yoga/ Tai Chi: 3:30pm Nutritionist: Topic: Added Sugars	30. Jazzercise: 3:30 pm-4:30pm	31. Weight Watchers: 3:30pm		



JULY EVENTS CALENDAR

2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Job Club: 1pm Topic: Resume Writing and email accounts Tutor: 1:30-4:30pm Coffee Hour: 3:30pm	2 Orientation: 2pm Coffee Hour: 3:30pm	3 Thrift Shop: 10:30am – 11:30 am Receipt Training: 11am Tutor: 1:30-4:30pm Hospital Visits: 2pm Placement Managers' Meeting: 2:30pm Coffee Hour: 3:30pm	4 Fourth of July Hours In—House Movie	5 Clubhouse Hours: 10am – 7pm Bryant Park Area Fair in Manhattan 
6 New Sunday Hours 9am -6pm Battery Park in the city 	7 Thrift Shop: 3pm-4pm Coffee Hour: 3:30pm	8 Job Club: 1pm Topic: Chapter 9 Getting along with other workers (pages 147-162) Tutor: 1:30-4:30pm Coffee Hour: 3:30pm	9 Orientation: 2pm Coffee Hour: 3:30pm	10 Thrift Shop: 10:30am – 11:30 am Receipt Training: 11am Tutor: 1:30-4:30pm Placement Managers' Meeting: 2:30pm Operations Meeting: 3pm	11 Hospital Visits: 2pm Thrift Shop: 2:30pm-4:00pm Resume Writing: 3-4 Job Development Meeting 3:30-4:30 Coffee Hour: 3:30pm Open Mic Night at sky Light Show your Talent!	12 Back to the Beach and Second Saturday Art Walk 
13 Back to the beach 	14 Thrift Shop: 3pm-4pm Coffee Hour: 3:30pm	15 Job Club: 1pm Topic: Cathy's interview cards Tutor: 1:30-4:30pm Coffee Hour: 3:30pm	16 Orientation: 2pm Food Pantry: 2pm Coffee Hour: 3:30pm	17 Thrift Shop: 10:30am – 11:30 am Receipt Training: 11am Tutor: 1:30-4:30pm Hospital Visits: 2pm Placement Managers' Meeting: 2:30pm Coffee Hour: 3:30pm 	18 Thrift Shop: 2:30pm-4:00pm Resume Writing: 3-4 Job Development Meeting 3:30-4:30 Coffee Hour: 3:30pm Staten Island Yankees 	19 Ikea and Big Lots Shopping Plaza in New Jersey/ Thrift Shop 
20 Yard Sales 	21 Thrift shop 3pm – 4pm Coffee Hour: 3:30pm	22 Job Club: 1pm Topic: Benefits training SSI SSD, food stamps Tutor: 1:30-4:30pm Coffee Hour: 3:30pm	23 Orientation: 2pm Coffee Hour: 3:30pm	24 Thrift Shop: 10:30am – 11:30 am Receipt Training: 11am Tutor: 1:30-4:30pm Placement Managers' Meeting: 2:30pm Operation Meeting: 3pm	25 Hospital Visits: 2pm Thrift Shop: 2:30pm-4:00pm Resume Writing: 3-4 Job Development Meeting 3:30-4:30 Coffee Hour: 3:30pm Dinner and a Show	26 Festival of the Americas in the City 
27 The Movies 	28 Thrift Shop: 3pm-4pm Coffee Hour: 3:30pm	29 Job Club: 1pm Topic: Overcoming employment Barriers board game) Tutor: 1:30-4:30pm Coffee Hour: 3:30pm	30 Orientation: 2pm Coffee Hour: 3:30pm			



JULY MENU CALENDAR

2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
*All meals will be served with fruit and salad.		1. Lunch: burger and fries 467 calories Dinner: Crispy spaghetti with zucchini and herbs 334 calories	2. Lunch: Honey Mustard chicken with corn on cob and a roll 403 calories Dinner: Grilled veggie wrap 480 calories	3. Lunch: pasta salad 430 calories Dinner: Orange and Rosemary grilled Chicken 187 Calories	4. Fourth of July Hours Lunch: Steak, corn on the cob calories: 310 Dinner: Tortellini Salad, tossed Green salad, Calories 391	5 Lunch: egg salad sandwich Cal: 396 Dinner: turkey gyro With black olives 420 calories
6. TBA	7. Lunch: Salmon and broccoli 520 calories Dinner: Gazpacho with open Faced ricotta sandwiches 475 calories	8. Lunch Tilapia with mixed veggies 460 calories Dinner: Sausages with orange, olives and sweet onion relish 475 calories	9. Lunch: Cheesy beef stuffed tomatoes 225 calories Dinner: Chicken Caesar Salad Wrap Calories:	10. Lunch: Roast beef with romaine lettuce and cherry pepper slaw sandwich 340 calories Dinner: loaded baked potato, 460 calories	11. Lunch Pork chops with sautéed bell peppers 505 calories Dinner: Pasta with Pesto sauce and chick pea salad Calories 420	12. Lunch: tuna fish sandwich 480 calories Dinner: Chicken Ratatouille 450 calories
13. TBA	14. Lunch: Egg salad sandwich with carrot sticks 396 calories Dinner: Blackened salmon with soft tacos and rice 327 calories	15. Lunch: Chicken Milanese 418 calories Dinner: Bean, cucumber and radish sandwich 269 calories	16. Lunch: baked ziti 209 calories Dinner: Grilled chicken Caesar wrap 450 calories	17. Lunch: Brunch 649 calories Dinner: Pita bread pizza 510 calories	18. Lunch: Burgers and fries 490 calories Dinner: Hot Dogs with corn on cob 475 calories	19. Lunch: Peanut butter and jelly sandwich and carrot sticks 450 calories Dinner: Pork chops with applesauce and brown rice and broccoli 540 calories
20. TBA	21. Lunch: Crispy pork cutlets with celery and pepper slaw 652 calories Dinner: Veggie Wrap with Onion Rings 458 calories	22. Lunch: Peanut butter and jelly with carrot sticks 248 calories Dinner: Cool chicken and noodle salad 542 calories	23. Lunch: Beef stir fry over rice 490 calories Dinner: Tuna Salad Sandwich 480 Calories	24. Lunch: meatloaf with mashed potato and a roll 480 calories Dinner: Pork chops over rice 218 calories	25. Lunch: BBQ Grilled chicken, corn on the cobb 187 calories Dinner: Veggie burger and fries 575 calories	26. Lunch: Turkey sandwich 260 Calories Dinner: Sausage in creamy apple and celery relish 603 calories
27. TBA	28. Lunch; Tilapia with spinach and brown rice 340 calories Dinner: Veggie burger with onion rings 575 calories	29 Lunch: Veggie Lasagna 350 calories Dinner: Sausage and peppers 400 calories	30. Lunch: Pasta and pesto 450 calories Dinner: Beef tacos with rice 520 calories	31. Lunch: Sweet and tangy glazed salmon with orange, almond and rice 555 calories Diner: Grilled Ham and cheese sandwich with French fries 575 calories		

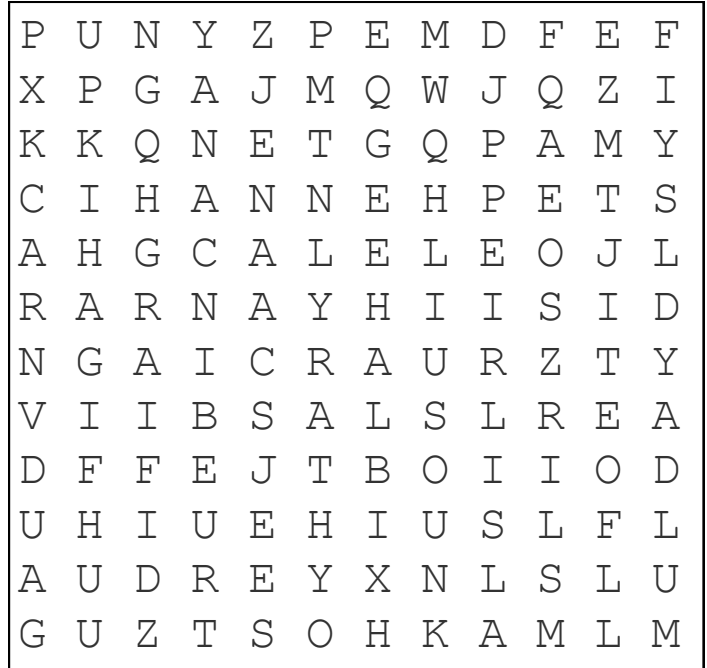
Newsletter Contributors Word Search

Poetry Corner

EAST RIVER BLUES

By: Joel Madison

I didn't want to be caught in the rain and shiver;
 Still, I should have taken a trip to the East River.
 I thought that I could have watched the fireworks on television.
 The power cables overheated and I realized that was a bad decision.
 Duh, it's July and the air conditioning should be on;
 But my electric bill is high and my credit name is con.
 I probably should turn off the lights
 'Cause they're adding more Molecules to the air.
 Good thing the water already comes cold,
 Otherwise, I'll be in despair.
 I'd like to turn the radio on but the celebration is too loud.
 I'm sure the public acknowledgement of
 Their sacrifice Would make the forefathers proud.
 In my own warm dark silence I meditate
 On the freedom we've received over two centuries ago.
 I look up and thank God for my own
 Independence Just before I see a bright glow.
 It flashes quickly startling me so I turn around.
 I can't see anything outside my tiny window
 So I take in the sound.
 As I realize the party is too far away my body begins to quiver.
 I stayed home but should have gotten a closer look
 At the Fourth of July celebration by the East River.



AMY	JEFF	LUBA
AUDREY	JOEL	MEAGAN
CARLOS	LISA	STEPHEN
CHRISTINA	LIZ	ZAQIA
DIANA	LORRIE	

Announcements

Food Pantry

Wednesday July 2nd

And

Wednesday July 16th

And

Wednesday, July 30th

2pm-3pm

Tutor's NEW

Hours:

Tuesdays and
Thursdays

1:30pm-5:30 pm

SLC Sunday

Hours Change

Beginning on Sunday,
July 6th, 2014,

Sky Light Center will

Be open from :

9am -4pm

We participate in
The Second Saturday
Art Walk monthly.
Join us!

July Birthdays

Milton G. 7/02
 David I. 7/02
 Adrial P. 7/08
 Reggie M. 7/08
 Daniel P. 7/12
 Socorro D. 7/12
 Greta D. 7/18
 Debbie F. 7/20
 Irakly S. 7/20
 Charles S. 7/23
 Ray B. 7/24
 Ray F. 7/27
 Melanie G. 7/27
 Shirley N. 7/29



Friday, July 4th Hours

9am—9pm



**FUN AT THE PROSPECT
PARK ZOO!!**