

Horizons Newsletter

S K Y L I G H T C E N T E R

SPECIAL POINTS OF INTEREST:

- Clubhouse Changes
- Birthdays
- Wellness
- Education and employment
- Statistics
- Music and art group
- Meals and Events

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EMPLOYMENT AND EDUCATION

Twenty Sky Light Center members maintain gainful employment in the community!

In the past three months, Lisa W., and Dee F. have started working and are doing well. Congratulations and keep up the good work.

Dikran, Ingrid, and Israel are scheduled to start working soon . We are supportive and hopeful for them.

Sky Light Center continues to work with Northfield Bank, NAMI, AARP, LGBT, and SIMH, Unitarian Church and J.C.Penney. SLC continues to maintain and develop professional relationships with business and hopes to assist the 20 members that want to get back to work in finding jobs



Pam T. is available for tutoring on Tuesdays and Thursdays, 1pm -5pm.

Three people are needed for this service to occur so please save your spot an hour before sessions.

Monique T. is a math whiz.

Brian E. is excelling at math and preparing for the G.E.D. He is strongly dedicated in his studies and is an inspiration for people striving to achieve their best.

Phillip D. is working towards a second bachelors. He was recently accepted into a college and he his awaiting a response from the scholarship

WELLNESS

group to happen.

Exercise keeps you healthy and strong!! Connie teaches Zumba, yoga and jazzercise.

Kerrie helped David M. to quit smoking. He can help other smokers to quit too! Wendy

can show you the healthy way



STATISTICS

Total attendance for January : 1021

Total meals served: 849

307 Thrift Shop Progress: The Architect search is complete. Stay tuned for blue prints and planning and change, Oh my!

Grants: We are all hopeful that Philip receives his Baer Scholar-

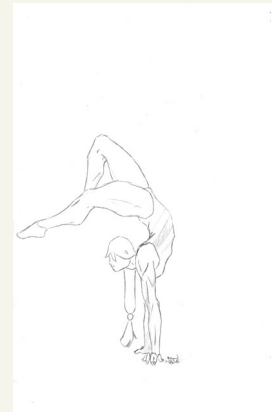
ship. Also Diana put in many hours working for a grant that we hope she gets for Sky Light Center. Good Luck and excellent work Diana and Philip, no matter what!

The gym is in use weekly. Please submit your doctor note that says you can use the gym.

Reminder: For services including:

- 1. Tutor
- 2. Smoking Cessation
- 3. Nutritionist
- 4. Exercise Classes
- 5. Music Therapist

Three people are needed so please preregister one hour before the service so these programs continue. Phone call into the reception area is adequate.



EXERCISE!!! Drawing by Ray Febles

UPCOMING RENOVATIONS

“Sky Light is going through many positive changes”

Sky Light Center is currently going through many positive changes. These changes will benefit Sky Light Center.

The 307 side will be the clubhouse side. The 305 side will be auxil-

iary services such as supported housing, billing administration and the community thrift shop which will be know as 307 Thrift.

Members will make appointments to meet staff for housing.

The library is transitioning into the old thrift shop on the third floor. The thrift shop is temporarily closed, though processing continues.

POLICY MEETING MINUTES 2 / 3 / 1 5

Issue 1: Clubhouse Goals. Proposal: Overview of Clubhouse goals for 2015 Discussion: The kitchen will increase outreach for menu planning, food preparations, cleaning projects and paperwork. The Clerical unit will rewrite receptionist responsibilities, train receptionists, job search,

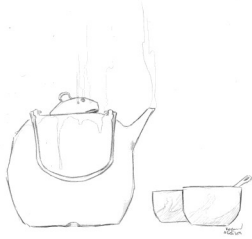
enroll and orientation for new members. Outreach for data entry, continue to write Daily Scoop, update monthly internet calendar. Issue 2: People are upset about no place to sit in the Clubhouse Proposal: To reeducate staff and members of the focus of Sky Light Center

Discussion: Clubhouses are places for members to work; voluntary in the clubhouse and in the community for gainful employment. Members have the choice of what type of work to do or whether or not to work at all but mem-

bership rights are balanced by membership responsibilities so members are expected to assist in the operations of SLC because members are capable, competent and needed.

M E A L S T H I S M O N T H

Meals are contingent upon member participation. Members have the right to choose which activities to participate in or whether or not to work at all. But, members are expected to assist in the operation of Sky Light Center, including meal prep because members are capable competent and needed.



Tea Pot, Drawing by Ray Febles

Meal prep is an art! Come teach and learn new cooking techniques and teach us yours.

U P C O M I N G W E E K E N D E V E N T S

Fridays

6th: Poetry Night, WRAP, Music
 13th: WRAP, MUSIC
 20th: Game Night, WRAP, MUSIC
 27th: Trivia, WRAP, MUSIC

Saturdays

7th: Mosaics/ Music Composition
 14th: Second Saturday Art Walk, In house "love movies," Valentine's Bingo, MUSIC
 21st: Movies, MUSIC
 28th: GYM, WI-Fit, MUSIC

Sundays

8th: Cartooning
 15th: Brunch and coupon swap
 22nd: Cartooning



Ray teaching cartooning on 2/8 and 2/22. Join!

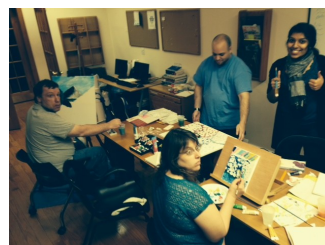
M U S I C G R O U P A N D A R T G R O U P N E W S

For all of you music lovers; Join the Music Group on Friday night and Saturday afternoons on the third floor.

Tom, our music therapist, can teach you how to keep rhythm, sing, and play instruments like a pro! John K., Alex Y., Sandy B., Paul P., Peter C., Phillip D. Margaret W. and Luba R. are jamming'!

THE ARTS; Ray F. will be teaching American Cartooning Sundays on February 8th and February 22nd. Afternoons in the dining room. All art material will be provided free of charge. We would like to thank Lisa C., Lorrie R. , Irakly S., Ray F. , Phil D., Lyia our part-time intern and Christine B. for all the art work throughout the clubhouse. Ray is

currently working on our "Art and Chew" mural for the dining room. In March we will have a new exhibit for the art gallery.





Sky Light Center

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Path to Recovery

Mission Statement

Sky Light Center, a clubhouse on Staten Island established in 1988, is committed to offering quality rehabilitation services and support to individuals recovering from psychiatric disabilities.

Employment, educational opportunities, social activities, community services and affordable housing are offered through mutual support. These programs are designed to improve our members quality of life.

The clubhouse empowers members to regain their role in the community . Through ongoing systematic self evaluation, we strive to enhance our services, thereby assuring the integrity of the clubhouse.

F E B R U A R Y B I R T H D A Y S

Christine B. 2/01

Deisi R. 2/01

Ricardia N. 2/02

Valerie P. 2/03

Anley R. 2/04

Lisa C. 2/04

James R. 2/10

Bernice S. 2/11

Miguel B. 2/13.

Howard T.2/13

Miguel B. 2/13

Dennis R. 2/13

Joseph D.. 2/1

Alex M. 2/21

Thomas N. 2/23

Susan S. 2/23

Anthony A. 2/27



Happy Valentine's Day!
Saturday, February 14th



Presidents Day
Monday February 16th
Holiday Hours: 9-1

