



Sky Light Center



Issue 4

October 2015

Horizons Newsletter

October Awareness and Advocacy

In October, Sky Light observes Breast Cancer Awareness Month. Members and staff wear pink to spread awareness on Friday, 10/23.

The Making Strides Against Breast Cancer Walk is scheduled to be in Midland Beach on October 18th, starting at 11am. On 10/20, Barbara O'Brien will visit Sky Light to talk about breast cancer at 10am. Members who wish to register for Mammogram Scan Van can ask staff. It will be on Stuyvesant from 9am-12pm.

10/10 is World Mental Health Day. The World Health Organization

(WHO) sponsors World Mental Health Day to raise awareness for mental health issues and increase support.

10/4-10 is National Mental Illness Awareness Week. Mental Illness Awareness Week was established in 1990 by the US Congress. It takes place every year on the first full week of October.

Sky Light sets up an informational table outside of the St. George Library, which members and staff monitor together. Members who wish to volunteer to assist can find the sign up sheets in the kitchen. Those who monitor the



tables will check them in the morning and in the evening to make sure that the tables are orderly and well stocked.

The Out of the Darkness Suicide Prevention Walk at Clove Lakes Park will be 10/3. The walk is at 10am. American Foundation For Suicide Prevention is the organization that runs the walk is the leader in the fight against suicide.

Sky Light's Favorite Halloween Movies

Along with the jack-o-lanterns and hay rides of October comes horror and Halloween themed movies.

Many staff and members at Sky Light are fans of the original 1978 slasher series, *Halloween*. Carlos' favorite is between *The Exorcist* (1973) and *The Omen* (1976).

Christine T. and Phillip K. name their favorite movie

as *Frankenstein* (1931) and John S. enjoys *Dracula* (1931). Both films are based off of the pivotal books that mark the beginning of monster stories.

Other Sky Light members and staff prefer more recent horror flicks. Jeff is a fan of the first *Saw* movie (2004). Alyssa G. is a fan of Jason from the *Friday the 13th* movie and re-

makes. Kellie likes 2007's *Trick R' Treat*. Monique T. doesn't watch seasonal movies, but is a fan of Stephen King's writings.

Halloween movies aren't always scary, though. Other popular spooky movies include *Hocus Pocus* (1993), and Tim Burton's *Nightmare Before Christmas* (1993) and *The Corpse Bride* (2005).

Inside:

Program Updates	2-3
Member Experience Article	2
Meal Calendar	4
IDNYC	4
Government Phones	4
Clubhouse Statistics	5
Policy Meeting Minutes	6

October Birthdays

Arnold H. 10/1
 Frank C. 10/05
 Joel M. 10/7
 Candido S. 10/7
 Helen O. 10/08
 Jacqueline C. 10/11
 Lillian B. 10/13
 Phillip K. 10/14
 James W. 10/15
 Angela V. 10/17
 Diane B. 10/17
 Peter L. 10/20
 Alyssa G. 10/23
 Jonathan K. 10/24
 Lorrie R. 10/25



Supported Education Program Updates

Lisa W. and Melissa F. tutor math and computers Tuesdays 3pm to 4:30pm. Roger tutors on Fridays 1:30pm to 5:30pm and Saturdays 3pm to 6pm.

Roger uses the PLATO website for tutoring. Members can access this site from any computer. If you want to take online PLATO classes, talk to Kellie or Roger.

As of September 18, 2015, there are 15 member ac-

counts on Edmentum and 25 created classes. Subjects range from Art History to Reading Comprehension to Advanced Mathematics. Members who attend tutoring have educational goals varying from improving their writing skills to obtaining a degree or diploma.

Members who do not wish to use the PLATO system can receive tutoring away from online learning. Members can work on

their educational goals with the use of resources such as textbooks and handout sheets. Many members also utilize the tutoring services to work on writing compositions or having other creative works edited.

Members are encouraged to come to tutoring to further their educational interests and goals. All tutoring takes place in the library, located on the third floor of the Clubhouse.

*This year's
Halloween party
will be Friday,
October 30, 2015
at Sky Light
Center.*

Upcoming Clubhouse Events

Every year, Sky Light hosts a Halloween party. Members and staff attend in costume, and members can compete for prizes. This year, the party will be Friday, October 30th.

The Clubhouse International Seminar, held this year in Denver, CO, will be October 24th—October

29th. This week long event allows those in attendance to come to a better understanding of what it means to work within a clubhouse. Cathy, Audrey L., Concetta T., and Reggie M. will be attending. They are hosting a presentation on strategic planning.

In December, Sky Light is

hosting a Bowl-A-Rama at Rab's Country Lanes to raise funds. Businesses will sponsor lanes, and members of the mental health community will be invited to attend. Those who wish to attend, including members, must pay \$35. The cost includes bowling, food, and a donation to Sky Light.

Member Experience: Access-A-Ride



Image source:

<http://www.nyctransportationaccess.com/>

Christine T. has used Access-A-Ride to get out and about for about fifteen years, and Phillip K. just reached his eight year mark. Both of these members have experienced the best and worst of the program.

Access-A-Ride is a public service available for individuals who cannot get around on public transit

due to disability. It is \$2.75 fare each way, and arranges door-to-door pickup and drop off, but many people have issues with the service.

"Be warned!" Christine hazards. Access-A-Ride can be as late as an hour, as they travel between boroughs.

Phillip K. offers advice to

members who need to take Access-A-Ride: "Ask them to come earlier than you want them to, so that if they're late they're on time."

Christine T. has the customer service number handy and does not hesitate to call the company and file a complaint if her ride is late.

ACE & Employment Updates

The onsite 307 Thrift store is hiring! This is the second round of hiring for the store.

There are four transitional employment opportunities available: three through Sky Light Center and one through the AARP Foundation. The positions will last six to nine months. The next round of hiring will be next spring.

Job Club is every Tuesday at 2:00pm in the ACE Room. If it is on the same day as a Policy meeting, it will be at 3:00pm.

There are two computers in the ACE room. These computers are available at any time during the work ordered day for job searching, resume building, or any work-related computer task. For assistance with

this, please make an appointment with Jeff or Amy.

Members who wish to receive ACCESS / VR services should speak with their services coordinator. For any ACE services, members should contact Jeff or Amy to make an appointment and to discuss their options.



Wellness Updates

Christina and Joel M. lead the substance use disorder recovery workshop, *A Journey to Recovery*, every Wednesday in the dining room, from 2:00pm—3:00pm.

Connie encourages members to exercise through her Yoga, Jazzercise, Tai Chi, and Zumba groups. Exercise groups are scheduled every Wednesday and Thursday afternoon.

The nutritionist, Wendy, has a group every other Tuesday at 5:00pm in the dining room.

Zaia has a food education group Mondays at 3:00pm in the dining room.

Kellie and Audrey L. lead WRAP group Fridays at 2pm in the dining room. Members who attend WRAP will be asked to do so for eight consecutive weeks to complete their plan.

Sign up sheets for all events can be found the day of at the reception desk.

Check the Daily Scoop for any scheduling or program updates.

A complete schedule of events for Sky Light Center can be found on our website:
www.skylightcenter.org/programs/calendar

Wellness groups are scheduled every afternoon from Monday—Thursday. Check the Daily Scoop for a full schedule.

Social Program Updates

The Social Program hours are Fridays 5pm-9pm, Saturdays 10am-7pm and Sundays 9am-4pm.

Music Group is scheduled for every Friday and Saturday. Members can participate with Music Group with any level of music proficiency, and can pick covers or original songs to play. The next music gig will be December 4th at

the Everything Goes Book
Café.

Christina is teaching members the basics of drawings using a book called Drawing on The Right Side Of The Brain by Betty Edwards.

Members have enrolled in Snug Harbor Art Lab classes. The classes run for eight to ten weeks in the fall. For more information, ask Christina F.

Sky Light Center has been asked to participate in the Gateway Hopes and Dreams mosaic project. The theme of the mosaic is a circle. Sky Light Center will have to submit a 5 3/4 mosaic piece. The deadline is December 31st.

There are also trips on the weekends to the movies or to parks. Members can also watch movies in house or play board games.





OCTOBER MEALS



Sun	Mon	Tue	Wed	Thu	Fri	Sat
All meals come with salad and fruit	Breakfast: 9-9:30am Lunch: 12:30-1:30pm Dinner: 5-6pm			1	2	3
				L: Sloppy Joes D: Veggie Lasagna	L: Ham & Cheese Sandwich D: Creamy White Bean & Veggie Soup	
4	5	6	7	8	9	10
	L: Roasted Garlic Beef & Veggie Stew D: Chicken, Potatoes, & Roll	L: Veggie Burger & Sweet Potato Fries D: Pulled Pork Sandwich & Spinach	L: Grilled Cheese with Tomato D: Fish Tacos, Rice, & Pine Nuts	L: Pasta with Pesto D: Salmon with Roll & Broccoli	L: Cheesy Mushroom Pizzette D: Chicken & Rice Soup with Roll	
11	12	13	14	15	16	17
	HOLIDAY L: Grilled Chicken Sausage & Corn on the Cob	L: Broccoli Polonaise D: Pork Tenderloin with Mixed Veggies	L: Bean & Cheese Burrito D: Sautéed Tilapia, Rice, & Veggies	L: Brunch D: Ravioli with Meat Sauce	L: Turkey & Cheese Sandwich D: Lentil Soup & Roll	
18	19	20	21	22	23	24
	L: Feta & Black Bean Burger D: Moroccan Chicken Stew & Rice	L: Pork Stir Fry with Rice D: Stuffed Peppers with Ground Pork	L: Tuna Salad with Pickle Slaw D: Salmon with Potatoes & Roll	L: Egg Salad D: Baked Ziti	L: Chicken Sausage & Cider Stew with Biscuit D: Tomato Soup & Grilled Cheese	
25	26	27	28	29	30	31
	L: Pita Bread Pizza D: Orange Chicken with Asian Veggies	L: Beef Barley Soup & Crackers D: Pork Chops with Grilled Asparagus	L: Tilapia with Mashed Potatoes D: Pot Roast with Winter Veggies & Roll	L: Cheese Quesadillas D: Pasta with Brussels Sprouts	L: Turkey Tacos D: Split Pea Soup & Roll	



New York City residents can sign up for IDNYC, which is a government issued identification card available to a city resident aged fourteen or older, regardless of immigration status. Benefits of this card include free admission to New York City attractions, library cards, and prescription discounts. This card can also be used to open a bank account. Members who are interested can reach out to their Service Coordinator at Sky Light Center.

Sky Light Center is helping qualified members acquire government cell phones through programs such as SafeLink Wireless and Assurance Wireless. Members who are qualified can receive one government cell phone per household. Members who are interested in applying for a government cell phone, or who are unsure if they are eligible, should speak with their Sky Light Center Service Coordinator.



Clubhouse Statistics

During the month of September, the total attendance for the work ordered day in the clubhouse was 816 members. 118 members attended afternoon services. 228 members attended Social Program.

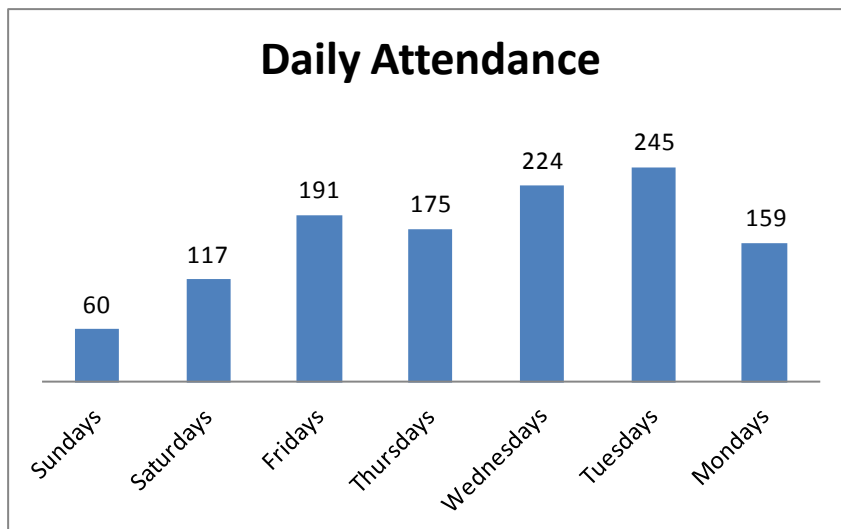
The daily attendance chart to the right details the attendance for all three attendance periods, totaling the daily attendance for that day of the week for the entire month.

three meals Monday through Friday, and serves lunch and dinner on the weekends.

During the month of August, Sky Light Center served 129 breakfasts, 507 lunches, and 256 dinners. In total, 892 meals were served.

Data from AWARDS. Daily Attendance includes work ordered day, afternoon services, and Social Program.

Sky Light Center serves



Social Program Schedule

First Weekend

Friday, October 2nd: Music, Bingo

Saturday, October 3rd: Music, Second Saturday Art

Sunday, October 4th: Art with Ray

Second Weekend

Friday, October 9th: Music, Billiards

Saturday, October 10th: Music, Movies, Mosaics

Sunday, October 11th: Art with Ray

Third Weekend

Friday, October 16th: Music, Creative Writing

Saturday, October 17th: music, Art, In-House Movies

Sunday, October 18th: Brunch, Art

Fourth Weekend

Friday, October 23rd: Music, Chess with Dom, Birthday Celebration

Saturday, October 24th: Music, Gym

Sunday, October 25th: Coupon Swap, Coffee

Fifth Weekend:

Friday, October 30th: Halloween Party (wear a costume!)

Saturday, October 31st: Music, Bingo



COME TO SKY LIGHT CENTER'S

ANNUAL HALLOWEEN PARTY

FRIDAY OCTOBER 30TH

FOOD, MUSIC, COSTUMES, & FUN!



Sky Light Center

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Path to Recovery

We're on the Web!

www.skylightcenter.org

Mission Statement:

Sky Light Center offers a path to recovery from psychiatric and substance use disabilities through comprehensive rehabilitation services based in an intentional community setting.

Vision Statement:

Sky Light Center provides an individualized path to recovery for all through psychiatric rehabilitation services that significantly impact and improve overall quality of life.

Policy Meeting Minutes: September 1, 2015

Co-chairs: Lisa W. & Amy S.

Issue #1: PC Policy

Proposal: Computers must be updated monthly. Microsoft after update to run Thursdays at 6pm.

Discussion: Having a scheduled update time will help with the processing of multiple updates at once which slows the process for daily computer usage.

Decision: Cathy will outreach IT to discuss updates.

Issue #2: Horizons Newsletter

Proposal: How can we get rid of repeated content for newsletter and make sure the newsletter is published online?

Discussion: Members cannot access the newsletter online. Google calendar is a new feature and we're getting used to it. Clerical will work on

this issue together as a unit.

Decision: Tabled.

Issue #3: Clubhouse Conference

Proposal: 2 members need to go to conference in Denver, CO October 2015.

Discussion: Members interested can apply. There are many events happening and SLC will pay for any meals not included in the package. SLC will present on strategic planning, and members going must be willing to discuss or present on experience.

Issue #4: Kitchen regulations

Proposal: For everyone to help keep kitchen in accordance with DOH requirements

Discussion: We got 28 points on a DOH inspection last month, which would have closed the kitchen if it were a

restaurant. We received the new standard book with new guidelines. Keeping the kitchen clean needs to be a group effort. The regulations are for our own safety and are doable.

Decision: Ongoing.

Issue #5: Bowl-A-Thon

Proposal: To have fundraisers.

Discussion: We need more money to keep SLC afloat, so we will have more fundraisers. This event will be \$50/person in November. Rabs will charge \$17.50/person, and the rest goes to SLC. There will be food and raffles; hopefully businesses will sponsor lanes.

Decision: Ongoing.

Next meeting is October 6th, with Stephen S. and Margaret W. as co-chairs.

