



HORIZONS NEWSLETTER

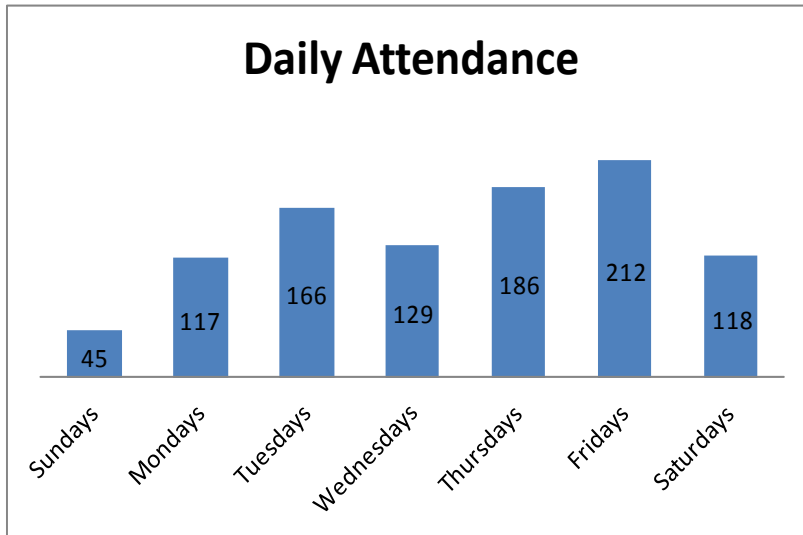
Sky Light Center

Volume 1, Issue 1

Nov/Dec 2015

Clubhouse Statistics

Daily Attendance



During the month of October, the total attendance for the work ordered day in the clubhouse was 776 active members. This includes attendance for Columbus Day, October 12th.

121 active members attended afternoon services, which is Mon-

day—Thursday from 5:00pm—6:00pm.

243 active members attended Social Program, which is Fridays from 5:00pm—9:00pm, Saturdays from 10:00am—7:00pm, and Sundays from 9:00am—4:00pm. This includes attendance for Sky

Light's Halloween Party on October 30th.

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.

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

During the month of October, Sky Light Center served 108 breakfasts, 452 lunches, and 302 dinners. In total, 862 meals were served.

Attendance data from AWARDS. Daily Attendance includes work ordered day, afternoon services, and social program.

Meal data from CACFP forms.

Literary Magazine Revival

Sky Light Center historically published a literary magazine known as 'Dimensions' a handful of times per year. The last issue published was in 2013.

The Clubhouse is hoping to revive this tradition.

A submission box can be found in the clerical area. Members can

submit any creative works, such as stories, poems, drawings, paintings, and photography, for publication. Members can submit as many works as they want.

The issue currently being designed is the Winter 2015 Issue. Members who want to help create the literary magazine can ask

Kellie in clerical.

At the policy meeting December 1st, the Clubhouse will decide on a new name for the literary magazine. Please come with ideas and suggestions.



November Birthdays

Robert R. 11/01	Eileen F. 11/15
Thomas M. 11/01	Frank Z. 11/15
Allen W. 11/05	Louis L. 11/16
Patrick P. 11/06	Lisa W. 11/21
Frank F. 11/08	Carolyn V. 11/23
Erik B. 11/12	Ken C. 11/26
Danny K. 11/14	Jennifer O. 11/26
Jessica S. 11/14	Bill B. 11/27

December Birthdays

Ingrid A. 12/20	David O. 12/12
Alex D. 12/23	Elias P. 12/15
Kevin J. 12/10	Donna P. 12/02
Robert K. 12/04	Vincent P. 12/29
Audrey L. 12/06	Luba R. 12/22
Holly L. 12/21	John H. 12/04
David L. 12/28	Cynthia V. 12/21
Pam N. 12/30	



Inside this issue:

Social Program	2
Supported Education	2
Wellness Programs	2
Employment	3
Meal Schedule	4
Clubhouse Statistics	5
Policy Meeting Minutes	6



Social Program Updates

This is the holiday season here at Sky Light. Come to the our parties, decorate our tree, celebrate the New Year. Sign up sheets for Thanksgiving and Christmas will be available at the reception desk closer to the date of the event.

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. Ray F. provides guidance and instruction on assorted art styles on Sundays.

Members who participate in the creative writing workshops can submit their pieces to the new Literary Magazine in clerical.

Members have enrolled in Snug Harbor Art Lab classes. The classes were for 8-10

weeks in the fall. The winter semester at Snug Harbor starts in January . 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 submit a 5 3/4 mosaic piece. The deadline is 12/31.

There are also trips on the weekends to the movies or to parks. Members can also watch movies in house or play board games. Sign up sheets for all social program events are available at the reception desk.

Supported Education Updates

Sky Light provides assistance for members with educational goals. 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 2:30pm 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 October 29, 2015, there were 18

member accounts on Edmentum and 31 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.

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

Kellie and Audrey L. lead WRAP Workshop 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. There must be at least three members signed up for an event prior to the event time for the program to happen. 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



Employment Updates

Joel M., Reini O-D., Christine B., and Melissa F. were hired as companions for St. Joseph's Medical Center.

Lisa C. and Alyssa G. began working at TJ Maxx.

Marcus H. was hired by JC Penney's in the Staten Island Mall.

Angela C. started at The Bridge.

John H. will begin a maintenance position at JPR Lighting.

Sky Light's 307 Thrift will be looking to fill four transitional employment positions,

one through AARP and the rest through Sky Light Center. Applications will be available soon. Ask Stephen for more information.

Job Club is scheduled for every Tuesday at 2pm, or after the Policy Meeting, in the ACE Room. Job Club is a great place for members who are in the work force or looking to enter the work force to come together to share advice, ask questions, gain insight, and learn skills. Job Club topics vary from interviewing skills to dealing with work place stress.

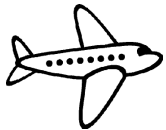
The Placement Managers Meeting is sched-

uled for every Thursday at 2pm in the clerical area, or after the Operations Meeting. Members with employment goals or interests are encouraged to attend these meetings.

There are two computers in the ACE room that are available for job searching or resume building during the work ordered day. Members are encouraged to utilize these computers.

Members who are interested in applying for work should make an appointment with Amy or Jeff to discuss their options.

Sky Light Snapshots



Reggie M., Cathy H., Concetta T., and Audrey L. at the Clubhouse conference in Denver, CO (October 25, 2015)



SLC band performs at Halloween Party (October 30, 2015)



Staff and members attending an operations meeting (October 8, 2015)



Members enjoying the Halloween Party (October 30, 2015)

Fundraising Updates

Sky Light Center will be holding its first annual Fall Classic Fundraiser Bowl-A-Rama.

On Sunday, December 13, 2015, Sky Light invites members of Sky Light and of the mental health community to

join us at Rab's Country Lanes at 1600 Hylan Boulevard from 1:30pm—3:00pm. It will be \$35.00 per person to participate. The cost includes shoe rental, pizza and soda, snacks, and a donation to Sky Light Center. There will also be raf-

fles, 50/50, and door prizes. Event registration begins at 11:00am.

To get to Rab's Members can take the S78 bus, or the SIR to the Dongan Hills stop.





November Meals

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1.	2. L: Roasted garlic beef and vegetable stew with roll (443) D: Chicken with potatoes and roll (460)	3. L: Veggie burgers with sweet potato fries (402) D: Pulled pork sand- wich with spinach (464)	4. L: Grilled cheese with tomato (490) D: Fish tacos with yellow rice and pine nuts (466)	5. L: Pasta with pesto (371) D: Salmon with roll and broccoli (373)	6. L: Cheesy mush- room pizzette (380) D: Chicken and rice soup with roll (386)	7.
8.	9. L: Broccoli polonaise Calories: 246 D: Chicken sausage with potatoes and a roll (455)	10. L: Peanut butter and jelly sandwich with carrots (460) Dinner: Pork tender- loin with mixed veggies (452)	11. Veterans Day 9am –1pm L: Veggie burgers and fries (402)	12. Lunch: Bean and cheese burrito (356) D: Sautéed Tilapia rice and vegetables (364)	13. L: Turkey and cheese sandwich (410) D: Lentil soup and roll (275)	14.
15.	16. L: Feta and black bean burger (384) D: Moroccan chicken stew with rice (415)	17. L: Pork stir fry with rice (442) D: Stuffed peppers with ground pork (424)	18. L: Tuna salad (361) D: Salmon with potatoes and a roll (460)	19. L: Brunch D: Ravioli with meat sauce (475)	20. L: Chicken sausage cider stew (423) D: Tomato soup with grilled cheese (490)	21.
22.	23. L: Pita bread pizza (201) D: Orange chicken with Asian veggies (415)	24. L: Beef barley soup with crackers (405) D: Pork chops (335)	25. L: Ham & cheese sandwich (352) D: Beef barley soup and roll (405)	26. Thanksgiving 9am –2pm	27. Day after Thanks- giving Hours: 5pm to 9pm D: Leftovers	28.
29.	30. L: Cheese quesadillas (446) D: Pasta with brus- sel sprouts and chicken (325)					

All meals include
salad and fruit unless
otherwise specified



December Meals

Sun	Mon	Tue	Wed	Thu	Fri	Sat
All meals include salad and fruit unless otherwise specified		1 L: Veggie burgers with sweet potato fries (402) D: Pulled pork sandwich with spinach (464)	2 L: Grilled cheese with tomato (490) D: Fish tacos with yellow rice & pine nuts (466)	3 L: Pasta with pesto (371) D: Salmon with roll & broccoli (373)	4 L: Cheesy mushroom pizette (380) D: Chicken rice soup with roll (386)	5
	6	7 L: Broccoli polonaise (246) D: Chicken sausage with potatoes & roll (455)	8 L: PB&J with carrots (166) D: Pork tenderloin with mixed veggies (452)	9 L: TBA D: TBA	10 L: Bean & cheese burrito (356) D: Sautéed tilapia, rice, & veggies (364)	11 L: Turkey & cheese sandwich (410) D: Lentil soup & roll (275)
	12	13	14 L: Feta & black bean burger (102) D: Moroccan chicken stew with rice (286)	15 L: Pork stir fry with rice (___) D: Stuffed peppers with ground pork (___)	16 L: Tuna salad (361) D: Salmon with potatoes and roll (460)	17 L: Brunch (___) D: Ravioli (475)
	18 L: Chicken sausage D: Chicken sausage D: Tomato soup with grilled cheese (490)	19	20	21 L: Pita bread pizza (201) D: Orange chicken with Asian veggies (140)	22 L: Beef barley soup with crackers (405) D: Pork chops (335)	23 L: Tilapia with mashed potatoes D: Pot roast
	24 L: Christmas Eve Dinner @ 3:30pm	25 L: Christmas Brunch Karl's Klipper	26	27	28 L: Cheese quesadillas (446) D: Pasta with brussel sprouts & chicken (325)	29 L: Roasted garlic beef & veggie stew with roll (443) D: Chicken with potatoes and roll (460)
	30 L: Egg salad D: Baked Ziti	31 L: New Year's Eve				



New York City residents can sign up for ID-NYC, which is a government issued identification card available to a city resident aged fourteen or older. Benefits of this card include free admission to NYC attractions, library cards, and prescription discounts. This card can also be used to open a bank account.

Members who are interested should ask their Sky Light Center Service Coordinator for more information



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.

Traditions for the New Year

A New Year's resolution is a tradition, most common in the Western Hemisphere but also found in the Eastern Hemisphere, in which a person makes a promise to do an act of self-improvement or something slightly nice, such as opening doors for people beginning from New Year's Day. In addition to resolutions, people can have New Year celebratory traditions.

Everyone has different ways of ringing in the new year. New Year Reso-

lutions are a great way for people to who want to make changes to their lifestyle find the inspiration to make those changes. They can be to start a new project, make a healthy change, or try something new.

Diana H. always hands out bags of grapes for New Year's Eve at Sky Light. She also gives a poem with them. You are supposed to stuff all the grapes in your mouth when the countdown to midnight begins for good luck.

Amy's New Year's tradition is banging pots with a spoon and yelling 'Happy New Year!' when the ball drops. When her kids were too young to stay up for midnight, they would do it earlier in the evening.

Roberta S. is grateful for another day and another year. April R.'s resolution is to cook and bake more. Additionally, she would like to learn about life management. Zaqia R.'s resolution for the 2016 year is to take better care of herself.





November Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Art with Ray	2 Library: 1-3pm Policy: 2pm Coffee Hour: 3:30 Food education: 2:30	3 Library: 1-3pm Job Club: 2pm Coffee Hour: 3:30 Yoga: 3:30pm Nutritionist: 5pm	4 Library 1-5pm Journey: 2pm Orientations: 2pm Coffee Hour: 3:30 Jazzercise: 3:30	5 Library: 1:30-3:30 Operations: 2pm Plcmt Mgr: 3pm Coffee Hour: 3:30	6 Tutoring: 1:30-5:30 WRAP: 2pm Hospital Visits: 2pm Coffee Hour: 3:30 Social Prog: Music, Bingo, Coffee	7 Music, Biking in Silver Lake Tutoring: 2:30-6
8 Art with Ray	9 Library: 1-3pm Coffee Hour: 3:30 Food education: 2:30	10 Library: 1-3pm Job Club: 2pm Coffee Hour: 3:30 Yoga: 3:30pm Zumba: 5pm	11 Veterans' Day 9am –1pm	12 Library: 1:30-3:30 Plcmt Mgr: 2pm Coffee Hour: 3:30	13 Tutoring: 1:30-5:30 WRAP: 2pm Hospital Visits: 2pm Coffee Hour: 3:30 Social Prog: Music, Creative Writing	14 Second Saturday In House Movies Tutoring: 2:30-6
15 Art with Ray	16 Library: 1-3pm Coffee Hour: 3:30 Food education: 2:30	17 Library: 1-3pm Job Club: 2pm Coffee Hour: 3:30 Yoga: 3:30pm Nutritionist: 5pm	18 Library 1-5pm Journey: 2pm Orientations: 2pm Coffee Hour: 3:30 Jazzercise: 3:30	19 Library: 1:30-3:30 Operations: 2pm Plcmt Mgr: 3pm Coffee Hour: 3:30	20 Tutoring: 1:30-5:30 WRAP: 2pm Hospital Visits: 2pm Coffee Hour: 3:30 Social Prog: Birth-day celebrations, chess with Dom	21 Music, Movies, Mosaics Tutoring: 2:30-6
22 Brunch	23 Library: 1-3pm Coffee Hour: 3:30 Food education: 2:30	24 Library: 1-3pm Job Club: 2pm Coffee Hour: 3:30 Yoga: 3:30pm Zumba: 5pm	25 Library 1-5pm Journey: 2pm Orientations: 2pm Coffee Hour: 3:30 Jazzercise: 3:30	26 Thanksgiving 9am –2pm	27 Day after Thanksgiving 5pm to 9pm	28 Music, Gym Tutoring: 2:30-6
29 TBA	30 Library: 1-3pm Coffee Hour: 3:30 Food education: 2:30					

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**Visit us on the web:
Skylightcenter.org**



Sky Light Center

Path to Recovery

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

Policy Meeting: November 3rd, 2015

Co chairs: Zaqia and Ray F.

Attendance: Zaqia R., Ray F., Kellie G., Ingrid A., Jon K., Christina F., Luba R., Amy S. Lisa W. Chris F., Cathy H., Monique T. Albert A.

Agenda

Changing the name of the literary magazine

Bowling Fundraiser

Five people in the kitchen

Issue #1: Dimensions

Proposal: The clerical area is taking suggestion for a name for the literary magazine.

Discussion: Friday night social pro-

gram events include creative writing . Sky Light is currently building a body of work and is almost ready to put out a new literary magazine. Suggestions for a new name for the literary magazine are wanted

Decision: Ongoing.

Issue#2: Fundraiser

Proposal: Sky Light is having a fundraiser at Rab's next month.

Discussion: The board members, administration and members are working together to hold a Bowl-A-Rama. The date is December 13. The board and administration is hoping for more member participation. Sky Light center is reserving 20 lanes and there are to be five people per lane. The cost is \$30 per person and includes shoes and one and half hours of bowling. The goal is

to raise \$5,000. Please spread the word about Sky Light Center's Bowl-A-Rama to friends and family so we can meet our monetary goal.

Issue #3: Five people in the kitchen

Proposal: We need to have member participation for the meals.

Discussion: There must be member participation in the kitchen for planned meals to happen both during the work ordered week and on the weekends or meals will be simplified to cottage cheese or peanut butter and jelly. The focus of the social program is to socialize.

Decision: Tabled

Next meeting is December 1, 2015

Co chairs: Kellie and Luba