



Horizons Newsletter

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Sky Light Center

Jan/Feb 2016

January Birthdays:

Kiattisak R. 1/04	Brian E. 1/19
Dominic M. 1/04	Shaquana C. 1/22
Lisa C. 1/07	Steve B. 1/23
Richard C. 1/10	Emmanuel J. 1/23
Anthony C. 1/10	Salvatore A. 1/26
Pat F. 1/14	Leonard P. 1/28
Seble K. 1/16	Raymond M. 1/29
Laura P. 1/14	

February Birthdays:

Christine B. 2/1	Bernice S. 2/11
Deisi R. 2/1	Lori N. 2/19
Richard N. 2/2	Al M. 2/21
Valerie P. 2/3	Caroline G. 2/26
Lisa C. 2/4	Anthony A. 2/27



Clubhouse Statistics

During the month of December, the total attendance for the work order day in the Clubhouse was 728 visits. This includes Christmas and New Year's.

There were 99 visits for Afternoon Services, the hours for which are Monday–Thursday

from 5:00PM–6:00PM.

There were 201 visits for the Social Program, the hours for which are Fridays from 5:00PM–9:00PM, Saturdays from 10:00AM–7:00PM, and Sundays from 9:00AM–4:00PM. Social Program attendance includes Sky Light's

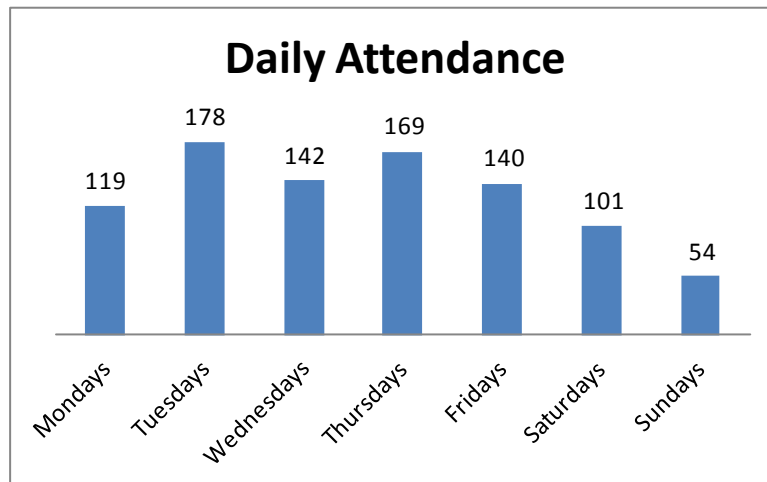
Holiday Party.

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 December, Sky Light served 138 breakfasts, 425 lunches, and 281 dinners. In total, 844 meals were served.



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The First Annual Sky Light Center Bowl-A-Rama

Sky Light Center hosted its First Annual Bowl-A-Rama fundraiser on December 13th at Rab's Country Lanes. There were raffles, 50/50, pizza, and—of course—bowling!

It was a great success, and many members from Sky Light, mental health, and the Staten Island community attended and donated. Altogether, Sky Light raised nearly \$2,500 for the facility.



Employment Updates

Ingrid A. finished her transitional employment position at Five Below.

Bill B. finished his seasonal position with the Salvation Army.

Phil D. finished his seasonal position with Strike Force.

Audrey L. and Erik B. finished their transitional employment positions at 307 Thrift.

Concetta T. began her transitional employment position at 307 Thrift.

Job Club is scheduled for every Tuesday at 2pm, or after the

Policy Meeting.

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. While the ACE Room is under construction, Job Club will be held in the old library on the second floor of the 305 side of the facility.

Jeff and Amy will temporarily be located in the admin office or in clerical. Members who wish to get in contact with them can

call extensions 210 or 204, or can call the reception desk at 200.

The Placement Managers Meeting is scheduled 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.

Members who are 55 or older may be eligible for employment services through AARP. Contact Jeff or Amy for more details.



Members at Karl's Klippers on Christmas Day, 2015

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.

Christina is working with members on anxiety reducing activities from adult art books. Ray F. provides guidance and instruction on assorted art styles on Sundays.

April R. is leading a brand new group for crocheting on Sundays, starting February 7th at 1pm. Sky Light will supply the needles and yarn.

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

There are also trips on the weekends to the movies or to parks. Members can also watch movies in house or play board games. Members are asked to sign up for events at reception.



Gary C., John K., and Chris practicing at Music Group

Supported Education Updates

Sky Light provides assistance for members with educational goals. 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 January 13, 2016, nineteen members are regis-

tered on PLATO. There are 34 classes ranging from basic mathematics to digital art.

PLATO has added new courses for 2016, including: Biology; Graphic Design; Accounting; Business Administration; Finance; Marketing; Architecture and Construction; Art Technology and Communications; Engineering and Technology; Health Science; Law, Public Safety,

and Corrections; US Government; and Web Technologies. Members can also do offline learning, with worksheets, textbooks, or other paper resources.

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 Program Updates

Christina leads 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.

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

Kellie leads 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.

Zaqia had a Pre-Weight Watchers group on Thursday, January 28th at 11 am. This was for members who are interested in signing up for Weight Watchers.

Ray F. will have the Sky Light Gym open on Tuesday and Sunday afternoons.

Sign-up sheets for all events can be found the day of the event, 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.

Member leaders volunteer their time to act as Library Monitors to keep the library open during the day for member use. The library is open Monday–Friday in the afternoon. Hours of operation for the library and tutoring are posted on the library's door.

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



12/19/2015



NYC IDENTIFICATION CARD

THIS IS id NYC

GET YOURS TODAY.

NYC.GOV/IDNYC

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. 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.

SafeLink
WIRELESS®
assurance
wireless
Brought to you by virgin mobile

February 2016 Meals

SUN	MON	TUE	WED	THU	FRI	SAT
<i>All meals include salad and fruit (60) unless otherwise specified</i>	1 L: Hot dogs, beans, sauerkraut D: Beef barley soup, cornbread	2 L: PB&J with carrot sticks (460) D: Baked chicken leg quarters, spinach, roll (365)	3 L: Veggie burger with sweet potato fries (402) D: Tilapia with rice and peas (364)	4 L: Pasta with pesto and chickpeas (371) D: Pork chops, corn, a roll, and applesauce (527)	5 L: Tuna salad sandwich (395) D: Lentil soup with cornbread (275)	6
	7	8 L: Sloppy joes and sweet potato fries (532) D: Tortellini with beans and spinach (405)	9 L: Beef stew over rice (490) D: Chicken Caesar wrap (386)	10 L: Spinach quiche with a roll (405) D: Pulled pork sandwich with corn (464)	11 L: Pork chops, pasta with Brussels sprouts (435) D: Egg salad sandwich (480)	12 L: Grilled cheese and tomato sandwich (375) D: Chicken noodle soup, roll (386)
14	15 <i>Presidents' Day</i> Holiday Hours 9am-1pm L: Hamburgers and French fries (639)	16 L: Chicken stir fry and rice (470) D: Tuna casserole with a roll (605)	17 L: Thai chicken burger and sweet potato fries (544) D: Salmon, asparagus, and a roll (390)	18 <i>Brunch</i> D: Vegetarian quesadilla (555)	19 L: English muffin pizza (425) D: Escarole soup with a biscuit (360)	20
21	22 L: Rice and beans (390) D: Pepper steak rice and peas (570)	23 L: BBQ chicken leg quarters, potato, roll (525) D: Grilled veggie and bean wrap (540)	24 L: Meatloaf, baked potato with cheese, roll (645) D: Bean and cheese burrito (427)	25 L: Chicken Gyro (475) D: Baked ziti (375)	26 L: Ham and cheese sandwich (375) D: Minestrone soup and roll (385)	27
28	29 L: Winter chicken bake D: Beef Stroganoff					

February 2016 Events

SUN	MON	TUE	WED	THU	FRI	SAT
Events marked with * must have at least three participants for event to happen.	1 Library: 1pm Food Ed: 2pm	2 Library: 1pm Sky Light Gym with Ray . 1pm Policy: 2pm Job Club: 3pm Yoga: 3:30pm* Zumba: 5pm*	3 SUD: 2pm Orientation: 2pm Library: 3pm Jazzercise: 3:30pm*	4 307 Thrift: 9am-3pm Library: 1:30pm Placement Manager: 2pm	5 Library: 1:30pm Tutor: 1:30-5:30pm* Hospital Visits 2pm WRAP 2pm Music: 6pm Wear Red Day Heart Healthy Month	6
	7	8 Library: 1pm Food Ed: 2pm	9 Library: 1pm Sky Light Gym with Ray 1pm Job Club: 3pm Yoga: 3:30pm*	10 SUD: 2pm Orientation: 2pm Library: 3pm Jazzercise: 3:30pm*	11 307 Thrift: 9am-3pm Library: 1:30pm Placement Manager: 3pm Operations Meeting 2pm	12 Library: 1:30pm Tutor: 1:30-5:30pm* Hospital Visits 2pm WRAP 2pm Music: 6pm
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Sky Light Center

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Visit us on the web:
skylightcenter.org



Sky Light Center

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—January 5, 2015

Policy Meeting Minutes
Co Chairs: Kellie G. and
April R.

Attendance: Christina F.,
Zaqia R., Irma R., Dean
H., John S., Kellie G.,
April R., Carolyn V.,
Raymond M., Jeff S.,
Amy S., Diana H.,
Stephen S., Rick S., Car-
los O., Linnette B., Val-
erie P.

Issue #1: Crochet Group

Proposal: to have a cro-
chet group at Sky Light
Center.

Discussions: Handouts
on the health benefit of
crafts reviewed. Pro-
posal supported. Tips on
how to start the group
include starting the
group on Friday night.
Assessment of interest
needed before purchase

of needles/hooks/yarn/
etc. Outreach to inter-
ested parties needed.

First Friday of the
month, April will come
in with supplies and
work with Amy and
Irma and see if it takes
off.

Decision: First group
will be Friday, February
5, 2016 during the Social
Program.

Issue #2: Name of the Literary Magazine

Discussions: Not many
suggestions made to re-
place the name Dimen-
sions. It might be a good
idea for people to write
their suggestions and
submit it into suggestion
box in the morning
meeting.

Decision: Tabled.

Issue #3: Unit Goal Re-
view - 2015 and 2016
goals presented.

Discussions: More out-
reach is needed per per-
son, per month, due to
increased city require-
ments. In addition, docu-
mentation for hospital
visits and/or community
visits now required.
Also, accuracy of atten-
dance is paramount.
Signing out is very im-
portant.

Outreach – for hospital
visits
Reach Out – phone call
to member
Reach Out data entry
needs text box filled out.
Newsletter is much,
much better. It is up-
loaded on the site.

Data Entry: Add groups
into attendance.

Educational Goals:
Plato, maybe more
classes in the commu-
nity.

Kitchen: many skills to
learn in the kitchen.
Continue to keep in the
kitchen in and refrigera-
tors clean. Continue to
follow the kitchen rules
Food pantry.—Maintain
monthly inventory in the
basement, both food
pantry and SLC refrig-
erators.

Bowl-A-Rama update:
\$2,500 raised from event
when goal was \$5,000.
Lots of fun! Hopefully
more participation next
year.

Next meeting: 2/2/16