



Horizons Newsletter

Clubhouse Statistics

Inside this issue:

<i>Wellness Program</i>	2
<i>Social Program</i>	2
<i>ACE & Employment</i>	2
<i>Employment Dinner</i>	3
<i>Supported Education</i>	3
<i>Inside Story</i>	3
<i>Policy Meeting Minutes</i>	4

The work order day program runs from 9am until 3pm, Monday through Friday; afternoon services runs 3pm-6pm. Social Program hours can be found on page 2.

During the month of April, the

total number of visits for the work order day in the Clubhouse was 663.

There were 153 visits for afternoon services, the hours for which are Monday—Thursday from 3pm-6pm.

There were 222 visits for the Social Program, the hours for which are Fridays from 5pm-9pm, Saturdays from 10am-7pm, and Sundays from 9am-4pm.

307 Thrift Grand Opening Ceremony

On Friday, May 20th, Sky Light Center hosted a celebration to mark the Grand Opening for the 307 Thrift store.

While Sky Light Center has had an in house thrift shop for many years, 307 Thrift as a retail store began in 2016.307

Thrift is able to employ five members through transitional employment at a time.

307 Thrift is open Fridays 4pm -8pm, Saturdays 11am-6pm, and Sundays 10am-3pm. It features a café, which serves snacks and drinks, and a patio

for store patrons to enjoy.

Members will continue to receive a 50% discount on all merchandise, but will pay full price for café items.

307 Thrift patrons enjoying the patio, 5/22/16



Ribbon Cutting Ceremony

TE staff at Grand Opening



Wellness Program Update

Connie encourages members to stay active by hosting fitness classes. Yoga is every Tuesday afternoon, and Zumba is every second and fourth Tuesday of the month in the evening. Jazzercise is on Wednesday afternoons. Three members must sign up in advance for the class. Sign up sheets are at reception.

Ray F. opens the Sky Light Gym on Tuesdays 3pm-4pm and Sundays 1pm-2pm.

Members who are interested in joining Weight Watchers in the community should speak with any staff. Members only have to pay \$14 a month for the WW Membership; Sky Light pays the rest of

the cost.

The meal calendar for the spring was set on March 24th. Members and staff plan the quarterly meal planning meetings, to make volunteer meal suggestions. Salad and fruit are always included with the meals.

The basketball hoop is available for use in the

backyard when the weather is nice.

The Nutritionist is back! She holds class on the first and third Tuesdays of the month, at 5:00pm during dinner.

Christina & Joel host A Journey to Recovery, Wednesdays at 2pm. Kellie & Audrey host WRAP, Mondays at 2pm.

Social Program Update

Sky Light Center social program hours are Fridays, 5pm-9pm, with events beginning at 5pm, Saturdays, 10am-7pm, and Sundays, 9am-4pm.

Christina and Ray continue to collaborate on the Sky Light Center Art Program.

April hosts Crochet Club

the first Sunday of every month, at 2pm.

The Music Group continues to meet Fridays and Saturdays.

Sky Light Center takes trips to the movies on the third Saturday of the month.

Trips to events in the community, such as per-

formances or sporting events, are organized when possible. Check with the receptionist for any updates.

In house activities during the social program include watching movies, playing board games and card games, coloring, relaxing in the yard or playing basketball. In house

events include BINGO and Brunch, once a month.

Lunch and dinner are served on Saturdays, and lunch is served on Sundays. Staff asks for member assistance with meal preparation and cleaning projects on the weekend as well as during the week.

Social Program Hours:

Fridays, 5pm—9pm

Saturdays, 10am—7pm

Sundays, 9am—4pm

Tutoring Hours:

Fridays, 1:30pm—5:30pm

Saturdays, 2:30pm—6pm

Gym Hours:

Tuesdays, 3pm—4pm

Sundays, 1pm—2pm

Employment Dinner | May 23, 2016

ACE hosted an Employment Dinner on Monday, May 23rd at 5:00pm in the dining room.

Staff members worked together to prepare a barbeque dinner for the attendees. Thanks to Stephen S., Diana H. Audrey L., Joel M., Christina F., Amy S., Jeff S., and the kitchen crew for

their help organizing a great event!

Amy and Jeff led the event, as ACE representatives. After introducing Sky Light Center's visitors from Clubhouse International, attendees discussed the benefits and role of employment in recovery. Thanks to Joyce M., Reini O., and Christine B. for

their contributions to the discussion.

Attendees voiced their concerns about the changes to their social security income, as affected by employment. Any who have such concerns can meet with Amy and Jeff.

Patricia F. and Anthony A. received plaques for

completing their TE positions at 307 Thrift.

Irma R. received a certificate of recognition for beginning a new job at Marshalls.

Amy and Jeff encourage members who have reservations about working to consider the benefits of employment for their recovery. Members who are

ACE & Employment Updates

Jeff and Amy hosted an Employment Dinner on May 23rd at 5:00pm in the dining room. See page 3 for details.

Jeff and Amy hold Job Club Tuesdays at 2pm, or after the Policy Meeting. Job Club is currently being held in the old library. They discuss topics such as going back to work,

finding work, and writing resumes.

Sky Light maintains five TE employees at 307 Thrift, one at NAMI, and one at The Pride Center. Sky Light Center provides services for members through Supported Employment and Independent Employment in the community.

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 who are interested in finding employment in the community and are at least 55 years old can enroll with AARP. Members interested in employment services can visit with Jeff and Amy during.

Supported Education Updates

Sky Light provides assistance for members with education goals. Roger tutors on Fridays 1:30pm to 5:30pm and Saturdays 2:30 to 6pm.

Roger uses the PLATO website for tutoring. Members can also access this site from any computer. If you want to take

online PLATO Classes, talk to Roger.

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, text-

books, 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.

Sky Light Center

307 St. Mark's Place
Staten Island, New York
10301

Phone: 718-720-2585
Fax: 718-720-2601
E-mail: skylightclub@aol.com

We're on the Web!

skylightcenter.org

Pathway 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 | May 3, 2016

Co-Chairs: Linette B., Audrey L.

Attendance:

Lorrie R., Joel M., Daniel P., Carlos O., Audrey L., Margaret W., Dikran M., Stephen S., Jeff S., Kellie G., Amy S.

Agenda:

Review Accreditation Committee
10 minutes

New Name for unit (Ongoing)
10 min

Members of Board of Directors

Review Dining Room Policy

Issue #1: Accreditation Committee

Discussion: The accreditation is scheduled for 5/23-5/25.

We would like as many members as possible to help out. We will have an employment dinner that Monday, 5/23.

Issue #2: Unit Names

Discussion: The Clubhouse is continuing to take suggestions. No suggestions yet made.

Issue #3: Members of Board of directors

Discussion: Tabled

Issue #4: Dining Room Policy

Discussion: Between 12:30-1:30pm, only diners should be in the dining room, so the kitchen crew has an easier time to clean up. The dining room is not a hang out space.

Decision: Tabled.

Next meeting June 7th: Jeff and Audrey