



Horizons Newsletter

Sky Light Center

March/April 2016

Clubhouse Statistics

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 February, the total number of visits for the work order day in the Clubhouse was 581. This includes Presidents' Day.

There were 222 visits for afternoon services, the hours for which are Monday—Thursday from 5pm-6pm. Beginning February 1st, the afternoon services program will run from 3pm-close.

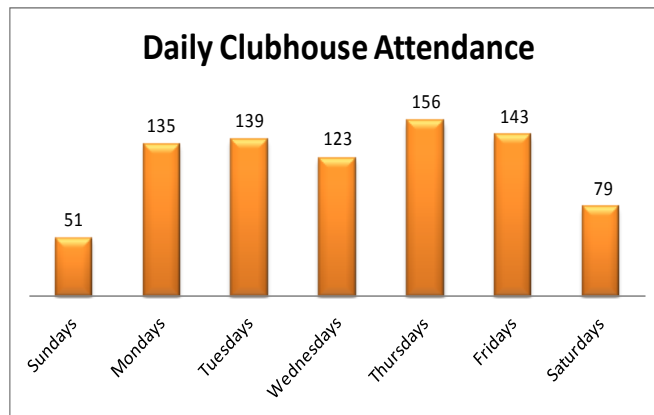
There were 183 visits for the Social Program, the hours for which are Fridays from 5pm-9pm, Saturdays from

10am-7pm, and Sundays from 9am-4pm.

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 February, Sky Light served 118 breakfasts, 434 lunches, and 302 dinners. In total, 854 meals were served.



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March Birthdays:

Vera L. 3/08	Margaret W. 3/20
Luis R. 3/13	Peter P. 3/26
Karen G. 3/14	Leonardo L. 3/23
Jamie J. 3/14	Paul P. 3/26
Jerome B. 3/20	

April Birthdays:

Roberto B. 4/1	Concetta T. 4/14
Deborah J. 4/4	Robert V. 4/15
Sandra B. 4/5	April R. 4/15
Roosevelt B. 4/8	Phillip R. 4/17
John D. 4/8	Paul C. 4/19
Howard W. 4/9	Joyce R. 4/19
Peter K. 4/10	Maritza C. 4/22
Maria M. 4/12	Monique T. 4/28
Theresa L. 4/12	Frank C. 4/29
Calvin S. 4/12	David M. 4/29
Charles L. 4/14	

Sky Light Center's '307 Thrift'

Its finally here: Sky Light Center's in house thrift shop, 307 Thrift, will have a soft opening on March 15th. 307 Thrift will function out of the new store front space.

The new store front includes retail space and a small café, with free WiFi.

The grand opening will be in May 2016. Then, 307 Thrift will be open to the community.

Sky Light Center members, members and leaders from the Staten Island community, and representatives from the Staten Island Advance will be invited to attend the opening ceremony.

Members will continue to receive a fifty percent discount on all 307 Thrift merchandise.

307 Thrift sells gently used clothing, home items, and

goods. The store plans to sell art and goods from featured artist members and staff. Read more about this on page 3.

Sky Light Center is able to maintain four transitional employment positions in the store, three through Sky Light Center and one through AARP, for members to gain work experience.

Wellness Program Updates

Sky Light Center encourages members to attend any of our wellness workshops to develop skills to improve their lives.

Kellie runs the WRAP workshop, Mondays at 2pm. WRAP stands for Wellness Recovery Action Planning. Christina runs the substance use disorder recovery workshop, Wednesdays at 2pm.

The Sky Light Center Gym is open

Tuesdays and Sundays. Thanks to our gym monitor, Ray F., for volunteering his time.

Connie continues to lead exercise classes weekly. Yoga is Tuesdays at 3:30pm, and Zumba is Tuesdays at 5pm. Jazzercise/Tai Chi is Wednesdays at 3:30pm. Classes run one hour, and there must be three members signed up for the event for the class to take place.

Sky Light Center is hoping to get members involved in the Weight Watchers in the community.

Sky Light Center will begin hosting special dinner events. The kitchen hosted a Wellness Dinner on Tuesday, February 23rd. The theme was “Heart Healthy.”

Stay tuned for upcoming special event dinners!

Social Program Updates

Members are enjoying our Social Program Fridays 5pm-9pm, Saturdays 10am-7pm, and Sundays 9am-4pm.

The Music Group is rehearsing for a show on April 1st, at the Everything Goes Book Café on Bay Street. The Music Group meets Friday and Saturday afternoons. Saturday Music hours are now 4pm—7pm.

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

Members enjoy playing bingo, eating brunch, and going to the movies once a month.

April R. is teaching crotchet on the first Sunday of each month at 2pm.

Members can receive tutoring services on Saturday afternoons, and exercise in the gym on Sundays at 1pm.

Sky Light Center serves lunch and dinner on Saturdays, and lunch on Sundays. Staff asks for member assistance with meal preparation on the weekends

as well as week days.

Social Program Hours:

Fridays, 3pm—9pm

Saturdays, 10am—7pm

Sundays, 9am—4pm

Employment & ACE Updates

Jeff and Amy have begun to host Employment Dinners, once every other month. The next dinner is scheduled for March. ACE members will receive invitation by mail, but the dinner is open to all Sky Light members. They will be hosted in the dining room, and there will be various employment topics discussed, as well as employment recognitions awarded.

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 Center maintains five active transitional employment positions at the onsite thrift shop, 307 Thrift.

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 Opera-

tions 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 the work ordered day.

Sky Light Center's '307 Thrift:' Featured Artist Sales

Ray F.

"What can I say? The thought of selling my art in the new 307 Thrift sounds very exciting.

I've been making art all my life and even sold a few pieces along the way, but all and all sales have been in a sort of slump. Once I heard that 307 Thrift would be willing to let me sell a few piece pieces in the store, I was elated. Even if it's only a few pieces now and

then, it will help me get my name further out into the community.

I look forward to the opening of 307 Thrift and the prospect of selling my work. If all works out, I might be able to make a little profit in the process.

In short, this will be a great opportunity for all the artist in our clubhouse community and we all can't wait for the grand opening."

Members will have an opportunity to be the "featured artist" at Sky Light Center's 307 Thrift.

The featured artist will be able to choose pieces of their original work to sell in the store. If the artist created the work on their own, the artist keeps 100% of the profit. If they made the art with Sky Light supplies or resources, profit is split between the artist and Sky Light Center 50-50.

Holidays at Sky Light Center

Lorrie R.

In March, Sky Light Center celebrates St. Patrick's Day by enjoying a dinner of corn beef and cabbage with Irish soda bread. St. Patrick's Day is March 17th every year.

Sky Light has a nice Sunday lunch for Easter. The meal served is spiral ham, rolls, and sides. This year, Easter Sunday will be March 27th.

The great thing about Sky Light is that members have a place to go to for every

holiday. Sky Light is like a second family for the members.

Sky Light Center will maintain regular hours of service for St. Patrick's Day and Easter.

St. Patrick's Day is the third Thursday of the month, so Sky Light Center will serve corn beef and cabbage for dinner.

For Easter Sunday, Sky Light will serve ham for lunch.

Members can attend Library trainings Thursdays at 11am to become library monitors, and volunteer to open to library.

Current library hours are:

Mondays, 1pm-3pm

Tuesdays, 1pm-3pm

Thursdays, 1:30pm-3:30pm

Fridays, 1:30pm-5pm

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 Roger.

As of February 22, 2016, fifty four members are registered on PLATO.

There are twenty one 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 Govern-

ment; 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.

Sky Light Center

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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: February 2, 2016

Policy Meeting February 2nd, 2016

Co Chairs: Jeff S. and Audrey L.
Attendance: Audrey L., Joel M., Lisa C., Maria M., David L., Lorrie R., Diana H., Kellie G., Edward C., Christina F., Daniel P., Ray F., Roberto B., Stephen S., Carlos O., Amy S., Angela C.

Issue #1: Literary Magazine

Proposal: Research other clubhouse titles for appropriate names

Discussion: People feel censored, but there has to be balance. Can there be a list of guidelines for the editor?

Decision: Literary magazine committee will check out other clubhouse magazines, and titles to develop a set of guidelines.

Issue #2: 2016 Unit Goals

Proposal: Each unit has to prepare goals for this year.

Discussion: Staff will go back to their workspaces and review goals.

Decision: Due next policy meeting

Issue #3: Sky Light Center Gym

Proposal: To get more people interested
Discussion: Bring gym clothes. Utilize exercise DVD's and stream from you tube.

Decision: Will send out flyer.

Issue #4: Clubhouse Accreditation Visit

Proposal: To have a mock visit in April in preparation for the actual visit.

Discussion: Our 3 year accreditation is up so the clubhouse international faculty is coming to Sky Light Center to evaluate and consult and hopefully award another three year accreditation. The clubhouse international faculty will be here for two, eight-hour days. Sky Light Center needs to form a committee to prepare for the accreditation. The process includes the following:

A Clubhouse self study;
A site visit by the members of the Clubhouse International Faculty for Clubhouse Development;
A findings presentation and dialogue with Clubhouse leadership focusing on improvement opportunities;
A written report;
The award of Accreditation status; and
Ongoing consultation with Clubhouse International

Decision: Sky Light Center will form a committee and meet for an hour, once a week, until the Accreditation. Audrey L., Cathy H., Ray F., Joel M., Daniel P., Diana H., Stephen S., Angela C., Pam S., and Lisa C. have signed up for the committee. Please talk up the Clubhouse Accreditation in the unit.

Issue #5: ADA compliant bathroom and lift.

Proposal: Sky Light Center has to be

ADA compliant/ accessible to people with disabilities.

Discussion: An Architect is going to eliminate the back closet on the first floor to make the bathroom ADA compliant and a closed lift is required to go from the first floor to the second floor.

Decision: Ongoing

Issue #6: Clubhouse or BHO

Proposal: Rebranding because of funding source changes.

Discussion: Sky Light Center will be receiving funds from both the city and managed care. Sky Light Center receives funds from the city for the Clubhouse and will receive funds from managed care for HCBS services. Receiving funds from managed care, for the auxiliary services makes Sky Light Center a behavioral health organization. Sky Light Center is a Clubhouse on the Clubhouse side. Sky Light Center is a behavioral health organization on the Sky Light Center auxiliary services side.

Decision: Sky Light Center is both a clubhouse and a behavioral health organization. We have a new development director, Ilene Rosen, who has idea and connections and is introducing us to the community and politicians.

Next Meeting March 1, 2016

Co chairs: Amy S., Luba R.