

# HORIZONS

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January 2011

## MISSION STATEMENT

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## Newsletter Contributors

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## Sky Light Center Information

MONDAY		9:00AM–6:00PM
TUESDAY		9:00AM–7:00PM
WEDNESDAY		9:00AM–6:00PM
THURSDAY*		*9:00AM–6:00PM
FRIDAY		9:00AM–9:00PM
SATURDAY		10:00AM–7:00PM
SUNDAY	*(Housing Dinners and Celebratory Employment Dinners are until 7pm)	10:00AM–4:00PM



### *Meal Times*

CONTINENTAL BREAKFAST	DAILY	9:00AM–9:30AM
LUNCH	DAILY	12:30PM-1:30PM
DINNER	MON, WED, THURS.	5:00PM-6:00PM
DINNER	TUESDAY	5:00PM-7:00 PM
DINNER	FRIDAY	5:30PM
DINNER	SATURDAY	5:00PM

### *Activities*

MONDAY	WELLNESS GROUP	3:30PM
MONDAY	COFFEE HOUR	3:00PM–3:30PM
MONDAY THROUGH FRIDAY	TUTORING	3:00PM-5:00PM
TUESDAY	WEIGHT WATCHERS	3:00PM
TUESDAY	COFFEE HOUR	3:00PM–3:30PM
TUESDAY	YOGA / TAI CHI	3:30PM–4:30PM
TUESDAY	FOOD EDUCATION WORKSHOP	4:00PM
WEDNESDAY	COFFEE HOUR	2:45PM–3:15PM
WEDNESDAY	JAZZERCISE	3:30PM–4:30PM
THURSDAY	JOB CLUB	11:00AM–12:00PM
THURSDAY	WALKING GROUP	1:30PM–2:30PM
ALTERNATE THURSDAYS/FRIDAYS	HOSPITAL VISITS	2:00PM
ALTERNATE THURSDAYS	COFFEE HOUR	3:00PM–3:45PM
ALTERNATE FRIDAYS	SMOKING CESSATION GROUP	11:00AM-12:30PM
FRIDAY	COFFEE HOUR	3:15PM–3:45PM
SATURDAY	TUTORING	1:00PM–5:00PM

### *Meetings*

MONDAY-FRIDAY	MORNING MEETING	9:30AM–10:00AM
MONDAY-FRIDAY	UNIT MEETINGS	10:00AM–10:30AM
MONDAY-FRIDAY	JOINT-UNIT AFTERNOON MEETING	2:15PM-2:30PM
3RD MONDAY OF THE MONTH	WELLNESS COMMITTEE MEETING	3:30PM-4:30PM
3RD MONDAY OF THE MONTH	ADVOCACY MEETING	2:00PM-3:00PM
1ST TUESDAY OF THE MONTH	POLICY MEETING	2:00PM
TUESDAYS	DOUBLE TROUBLE RECOVERY	5:30PM-6:30PM
WEDNESDAYS	NEWSLETTER MEETING	3:15PM-4:15PM
FRIDAYS	PLACEMENT MANAGERS' MEETING	2:30PM-3:00PM
ALTERNATE FRIDAYS	OPERATIONS MEETINGS	3:00PM–5:00PM

## Clerical Unit Update

The Clerical Unit hopes everyone had a safe, happy and healthy holiday season. Our holiday luncheon was a success and we look forward to continuing to work together in the New Year. The Clerical Unit continues to process new member applications, set up weekly orientations, complete attendance data entry, produce a monthly Newsletter, answer the phones and cover the reception desk at all times. The Clerical Unit continues to orient new members into the clubhouse. Orientation takes place every Wednesday at 2:00pm. Wayne Loschen is the newest member in the clubhouse. Please give him a big welcome.

We are always looking for new members to join Sky Light. If you know someone who is interested in becoming a member, have them call the Clerical Unit for a tour or to receive an application. Tours are arranged by appointment for potential new members in order to offer them the opportunity to visit and check things out before deciding if Sky Light Center is right for

them.

The Clerical Unit would like to thank, Lorrie Rothstein, Howie Weingard, Leon Brown, Raymond Martinez, Susan Stagnita, Rick Skelton, Jessie Heinsohn, Margaret Wilson, Pamela Schwarzmann, Karen Greer, Luis Rodriguez, Joe Garto, James Wallace, Steven Bass, Charles Lee and Holly Lillie for all their hard work in the unit. We could not do it without you guys! We apologize for anyone we forgot to mention!

The Clerical Unit wishes everyone a very Happy and Healthy New Year 2011.

## January Evening Meeting Schedule

1/06 Employment/Education

1/13 Advocacy

1/20 Housing

1/27 Celebratory Employment



## Job Club

1/06 Barriers to Employment Success Inventory (BESI)

1/13 Mock Interviews

1/20 Job Seeker's Card and Resume

1/27 DMV Trip

## Employment Update

**Tips for staying employable during an employment gap:**

**Build and Keep Your Network Before You Need It:** It is easier to maintain current professional contacts than to build a new group a few years down the road. It is up to you to maintain relationships, sometimes for years, with people who will remember your talents when you decide to return to full-time employment.

**Volunteer in Community, School and Civic Organizations:** Challenging volunteer work can help to fill the gaps in your resume whether you return to your original career or create a career change in the future. Do think about how the volunteer work will appear on the resume and stress contributing in volunteerism related to your future employment.

**Keep Your Resume File Updated:** Keep track of new skills and activities you have developed and experienced during your time away from

the workforce. When you want to return to work, you'll be happy you kept good records of the time you were unemployed

**Keep Your Skills Current:** Attend school, take graduate seminars, participate in online learning and read to stay current in your field. Your local college may have classes you can audit if you can't pay tuition. Keeping abreast of your field every year is the best way to stay employable at something you'd like to do.

With a consistent investment in yourself and retaining your job and career relevance, you can overcome an employment gap. Choose to be prepared for the day when the hiring manager asks, "What have you been doing for the past ten years." You can respond, "A lot. I'd like to tell you about that time."

## Education Update

**We have lots of exciting education news to report!!!!**

First, we would like to introduce Pam Thompson to the Sky Light family. She will be our new part-time tutor starting January 10th. Pam is a Staten Islander who has years of teaching experience. She will be available for your tutoring needs: Mondays from 3:00pm-5:00pm, Wednesdays from 3:00pm-5:00pm and Saturdays from 1:00pm-5:00pm. Welcome Pam!!!

Second, with the addition of Pam and a reconsideration of when there is the highest need for tutoring, tutoring hours have changed to:

**Mondays thru Fridays:**

**3:00pm-5:00pm**

**and**

**Saturdays:**

**1:00pm-5:00pm**

Third, we have purchased an Apple I-Pad for Sky Light Center. This state of the art, cutting edge touch screen technology will offer all of us the ability to check out

lots of cool "apps," read books online and surf the web for educational tools on this portable and dazzling device. Come check it out soon!

The new year is always the time to live out New Year's resolutions like reading a good book, sharpening those math skills, completing your GED, learn how to use the computer and more. WE can help you complete your resolutions. Just stop by the Resource Room and find out all the wonderful "educational resources" available to make those resolutions come true!!!

### SO WHAT ARE YOU WAITING FOR

Join us for tutoring, our book club, literacy assistance, the I-Pad experience, help with the Literary Magazine, meet our new tutor Pam, check out PLATO, learn how to use the computer, work on the typing tutor software and more!!!

## Advocacy Update

Sky Light's Advocacy Program fosters education and awareness of local, state and federal mental health issues while advocating for public policies and strategies that provide an effective, well-funded mental health system that serves those in need, resulting in a stronger community.

The goal of the program is to protect and advance the legal, human service rights of people with psychiatric disabilities. The Advocacy meetings are held on the 3rd Monday of the month. Due to the holiday on the 17th, the next meeting will take place on January 24, 2011 at 2:00pm.

### Upcoming Events:

- The Staten Island Mental Health Council Consumer Committee will meet this month on Monday, January 3, 2011 at 90 Hancock Street at 11:00am.

- This years Annual Legislative Day is scheduled to take place on Tuesday, February 15, 2011 at The Egg in Albany. This is a great opportunity for members to speak out to their legislators and voice their opinions about issues related to mental health. If you are interested in attending please notify a staff member in the Clerical Unit.

- The January Staten Island Mental Health Society Meeting at 669 Castleton Avenue will be held on Thursday, January 13, 2011 at 9:30am.

**We encourage members who would like to take an active role in advocacy to visit a staff member in the Clerical Unit.**

## Thrift Shop Update

The Thrift Shop (Attic Treasures) is open on Mondays from 3:00pm – 4:00pm, Thursdays from 2:30pm – 4:00pm and the third Saturday of the month from 1:00pm – 2:00pm.

The Thrift Shop has been keeping a steady stock of new winter items for purchase. Please stop by during operating hours to check out the selection. If you would like to help out with restocking, please see a staff member in the Clerical Unit.

**We need your help!**

As you know, we are in the process of re-organizing the Proc-

essing Room to make it a more user friendly space. Although, we have had quite a bit of help from members and staff over the past few weeks, we still have a ways to go. If you are willing to assist with this task, please see Rosa in the Clerical Unit.

We continue to get donations from the community, members and staff. Donations for the Thrift Shop are always welcome. They can be made during normal operating hours. Please see the Clerical Unit if you have any questions.

The Clerical Unit purchased new organizing items to make finding sizes and prices easier for our shoppers in the Thrift Shop.

We still need your help pricing and sizing all items with colored tags. Please stop by the Thrift Shop on Mondays from 3:00pm to 4:00pm and/or Thursdays from 2:30pm to 4:00pm to lend a helping hand.

We would like to recognize some of our members who have been helpful over the past month with the Processing Room and Thrift Shop. A big thank you goes out to Jessie Heinsohn, Debra Tolkin-Marrale, Irakly Sanadze, Edna Mazz, Frank Papapietro and Donna Pascucci. We couldn't do it without your help!

**REMINDER:**

Be sure to visit the Thrift Shop this month for bargains and sales!



# ATTENTION: Brown Bag Sale!



**When:** Thursday, January 13, 2011

**Where:** Attic Treasures Thrift Shop

**Time:** 2:30pm to 4:00pm

**\$4.00 for first bag & \$1.00 for each additional bag**

## *Kitchen Unit Update*

The winter weather continues to whip its cold winds. We hope that the holiday's were welcoming and fun for our members and staff. Happy New Year to all! Before we know it we will be shoveling lots and lots of snow. The air is crisp when snow is on its way, so get your snow boots ready along with your hats, gloves and scarves to enjoy and have fun in the snow. This is the season to snuggle up and read a good book while sipping on hot chocolate.

We continue to need members to step up and take an active role in the Kitchen Unit. We would like to thank everyone for their help; whether it's chopping vegetables, serving coffee, taking out the trash, sweeping the floor, putting the drinks away, or helping with the distribution of food pantry items; we accept any and all the help we can get. Since we cannot do it without you, we would like to give a big thank you to the members who continue to help in the Kitchen Unit, including: Richard Clark, Jose Arce, Jerome Brinkley, Peter Leone, Robert Voegli, Blossom Smith, Haudu Hamza, Leon Brown, John Schuler, Reggie Minus, Daniel Prete, Lorrie Rothstein, Pamela Schwarzmann, David Morris, Lillian Bernius, Joel Madison, Richard Kacik, Charles Lee, Rick Napoles, Ralph Capuano, Lisa West, Ray Febles, Vinny Pulizzi, Michael Spennato, Luis Rodriquez, Sandra Brooks, Roberta LaCorte, Robert Rivera, April Rivera, Debbie Tolkin-Marrale, Roberto Berrios, Michael Reed and Edna Mazz. We apologize if we missed anyone and we appreciate everyone's contributions!

As you know, Sky Light is operating as a wellness kitchen, meaning we are serving

healthy, well-balanced, and nutritious meals. Our menu planning meeting was a success; and many great healthy meal suggestions were offered. Weight Watchers continues to meet weekly on Tuesdays at 3:00p.m.; though a new session has started, it's never too late to join! Come meet our leader Evie as she is looking forward to meeting new members. Please see Jean, Carlos or Lindsey in the Kitchen Unit if you're interested and we'll fill you in on all the details. It only costs \$2.90 a week to join Weight Watchers. As a reminder, we offer a wide selection of Weight Watchers snacks for participating members who would like to purchase them.

Connie continues to come every Tuesday and Wednesday afternoon for Yoga, Jazzercise and Tai Chi. All levels of ability can join and it's a great way to get some exercise while relaxing and socializing with friends. The weather is cool which makes walking even more pleasurable, let's enjoy it by walking together. We meet every Thursday at 1:30p.m. at the front desk. Several members have made it to our one and two mile clubs; maybe you could make it too!

**Remember, it's important to take 10,000 steps a day for a healthy heart!**

Smoking Cessation has had a lot of participation recently, and the group continues to meet in the back yard from 11:00a.m.-12:30 p.m. (if it's raining the group will meet in the library). The dates for this month are Friday, January 7th and Friday, January 21st. Free patches, gum and lozenges are available for those who attend the workshop on a regular basis.

### January is Thyroid Awareness Month

#### What is the thyroid?

The thyroid is a small gland, shaped like a butterfly or bowtie, located in the lower part of your neck, in front of your wind-pipe. Like other glands, the thyroid secretes hormones. When your thyroid works normally, it produces and secretes the amount of T4 and T3 necessary to keep various bodily functions moving at their proper pace. A blood test is necessary to diagnose any abnormality with the thyroid gland. The thyroid requires iodine ~ usually ingested through the diet ~ to produce thyroid hormone.

According to the World Health Organization, iodine deficiency is the world's most prevalent ~ yet easily preventable ~ cause of brain damage. It affects more than 740 million people worldwide ~ 13% of the world's population. Besides iodine deficiency and being a woman, there are a number of risk factors for thyroid disease. These include genetics and heredity, personal or family history of endocrine or autoimmune disease, infection, exposure to goitrogenic foods, cigarette smoking, pregnancy, certain drugs, particular chemical exposures, radiation exposure, and many other factors. Please join wellness workshops during the month of January at Sky Light Center to learn more about the thyroid. For more information you can also visit:

<http://www.aace.com>

### REMINDER:

The Food Pantry continues to offer food items twice monthly. The first giveaway will be January 5th from 11:00 a.m. to 12:00 p.m. and the second on January 19th from 2:00 p.m. to 3:00 p.m. Please help Sky Light Center stay green by bringing your cloth bag!



### January Awarenesses

**January 2nd—8th: National Folic Acid Awareness Week**

**Cervical Health Awareness Month**

**National Glaucoma Awareness Month**

**Thyroid Awareness Month**

## Housing Update

Our December housing dinner was a great success. We are always encouraged to see members continuing to attend. We want to thank all the members for their participation in making the dinner a great success. We hope January's will be just as successful! January's housing dinner will be held on January 20th and we will be talking about:

### **"Preventing Home Accidents."**

Come join us for a round table discussion and of course lot's of fun!

If anyone is interested in housing, we currently have slots open. We currently have a few members going though the application process. Good luck to you all! If you want more information about your eligibility status and what supported housing services we provide, contact Jean

Coniglione in the Kitchen Unit. Also, if you are interested, we have copies of the HRA packet (which will tell you what type of housing you may qualify for).

### **Important:**

**Remind all members and staff that apartment visits are an integral part of Sky Light Center's Supported Housing Program.**

Apartment visits are important because they give us an opportunity to check in on members in our housing program (especially those members who are inactive at the Clubhouse or do not attend on a regular basis). Also, it gives us an opportunity to see if we can offer any supports and/or services. Please see your Service Coordinator if you have not had a visit in a while.

### **WE STILL NEED YOUR HELP!!!**

If you know of any studio or one bedroom apartments for rent on Staten Island, please let someone in the Kitchen/Housing Unit know. We are looking for apartments for rent at \$700.00 per month. Speak with your landlord about any apartments that may become available in the future. We are always looking for safe, affordable, decent apartments on Staten Island.

### **Housing Dinner:**

**January 20, 2010**

**Topic:**

**"Preventing Home Accidents."**



## ICCD Standard Discussion Meeting

### *Minutes: Standard #25*

**#25 The Clubhouse assists members to further their vocational and educational goals by helping them take advantage of adult education opportunities in the community. When the Clubhouse also provides an in-house educational program, it significantly utilizes the teaching and tutoring skills of members.**

#### **Standard Discussion #25**

**Participants:** Margaret Wilson, Debra Tolkin-Marrale, Greta Devita and Rick Skelton

**Discussion:** Standard #25- Members actively participated in a discussion regarding this Clubhouse Standard. Members agreed that Sky Light Center's educational services are a vital component to the Clubhouse. It was stated that having such services encourages members to go back to school and finish up educational goals they may have given up on in the past, or that once seemed unachievable.

A member stated that Sky Light Center's educational services assists with learning basic computer skills. This member be-

lieves that learning basic computer skills is an important skill in this day and age as it helps her to feel she can keep up with the fast pace of technology. As a result, she feels connected to the community.

Additionally, a member commented on the security he feels by having educational help at Sky Light Center. He stated that out in the community individuals who suffer from a mental illness may be stigmatized in the classroom, but at Sky Light Center he feels comfortable and safe.

Members who participated in this discussion agreed that Sky Light Center's educational services are not only economically sound (they are free for members), but that they also help members to boost their self-esteem and embrace a feeling of ownership over their educational goals. Members stated that having a say in their Educational Service Plan helps to give them direction and keep them organized. All members agreed that the supports they receive through Sky Light Center's educational component encourages them to jump over hurdles that once seemed impossible, but that are now made possible through the

help of tutors, learning programs and fellow peers. Standard #25 applies to all four of the rights of membership.

#### **The Four Rights To Membership:**

- A guaranteed right to a place to come.
- A guaranteed right to meaningful work.
- A guaranteed right to meaningful relationships.
- A guaranteed right to a place to return.

# Policy Meeting Minutes

## POLICY MEETING MINUTES

DATE: DECEMBER 7, 2010

CO-CHAIRS: SUSAN STAGNIETA AND  
JEAN CONIGLIONE

**Attendance:** Cathy Holladay, Carlos Osorio, Jean Coniglione, Debbie Sanchez, Stephen Signeavsky, Leon Brown, Jessica Shevlin, Rosa Guardascione, Susan Stagnita, Lindsey Mattson, Lorrie Rothstein and Reggie Minus

### Agenda

#### 1. Emergency fund

#### 2. Three week Clubhouse training or

#### 4. Proposal for tutoring hours

### Issue #1: Emergency Fund

**Discussion:** Having a fund for members who are in need of dire financial assistance.

**Proposal:** Raise money for the emergency fund by increasing coffee hour prices. The Kitchen Unit drafted a price list of the coffee hour snacks.

**Decision:** Affirmed. The new price list will take effect on 1/3/11.

### Issue #2: Three week Clubhouse training or ICCD seminar in Sweden

**Discussion:** How many staff and members will go to the training?

**Proposal:** Members and staff have decided that two staff members and two Clubhouse members will go to the ICCD Seminar in Sweden. The number of staff and Clubhouse members going to the three week Clubhouse training will be decided in April's policy meeting.

**Decision:** Confirmation on the number of staff and members attending the three week Clubhouse training will be decided in April's policy meeting.

### Issue #4: Proposal for tutoring hours

**Discussion:** The new tutor will begin on 1/10/11.

**Proposal:** New tutoring hours proposed: Monday thru Friday from 3:00pm to 5:00pm and Saturday from 1:00pm to 5:00pm.

**Decision:** Affirmed. The new tutoring hours will begin in January.

**Next Meeting:** January 4, 2011

### **Co-Chairs:**

Reggie Minus

and

Susan Stagnita



## Employment Recognition List



### *Transitional Employment*

Luann Baylis	Bay Street Thrift Shop	Floor Clerk
William Bernard	Northfield Savings Bank	Maintenance
Alexis Condos	Bay Street Thrift Shop	Floor Clerk
Ray Febles	TJ Maxx	Maintenance
Joel Madison	TJ Maxx	Stockroom Clerk
Paul Papapietro	Wagner Brokerage Firm	Clerical
Ralph Amaranto	DiVernieri Law Offices	Groundskeeper

### *Supported Employment*

Nicole Avedon	Staten Island Advance	News Room Clerk
Chris Awn	Rainbow Recycling	Maintenance
Lillian Bernius	Lavelle Prep	Teachers' Assistant
Alan Calabrese	Bay Street Optical Pavilion	Maintenance
Frank Caterina	Unitarian Church	Groundskeeper
Coco Davilla	Victory State Bank	Records Clerk
Catherine Hall	Noah's Ark Childcare	Child Care Worker
Brian Laub	South Beach Psych	Food Service
Peter Leone	Bay Street Optical Pavilion	Clerical
Stephanie Lotto	Baltic Street AEH	Peer Advocate
Daniel Prete	JC Penney	Stock
Lorrie Rothstein	Bayley Seton	Receptionist
Rosemary Rubio	PossibiliTees	Screen Printer
Gregory Soroko	Rainbow Recycling	Maintenance
Jim Sosa	Marshall's	Markdown Associate
Lisa West	Baltic Street AEH	Peer Advocate

### *Independent Employment*

Bob Armstrong	Respite	Joyce Mandel	Avon
Christine Boyer	Baltic Street AEH	Michael Shanahan	Baltic Street AEH
Angela Cerio	Advocacy Specialist	John Zizzamia	Respite Care
Gary Goldstein	Baltic Street		

# *January Birthdays*

Jessie Heinsohn 1/02

Anthony Croce 1/10

Michael Reed 1/10

Joseph Garto 1/18

Steven Bass 1/23

Luann Baylis 1/27

Scott Chao 1/27

Leonard Parnell 1/28

Raymond Martinez 1/29



## Member Articles

### Sky Light Thanksgiving

By: Margaret Wilson

This year Sky Light Center served up a real feast for Thanksgiving. Approximately twenty people were served. There was something to satisfy every taste. As usual, Top Tomato did an excellent job in catering the dinner. Of course there was plenty of turkey. Also, there was a special sausage stuffing. In addition, we had cranberry sauce, yams and ziti. All of these Thanksgiving goodies put everyone in a festive mood. The dinner was enjoyed with Holiday carols playing in the background.

Each year we are fortunate enough to have Sky Light Center provide a Thanksgiving meal. I

am sure that it is the hope of every member that we can continue to enjoy Thanksgiving for many years to come at Sky Light Center. I know I sure do, and I know we are all grateful for Sky Light Center.

### Holidays at Sky Light

By: Rick Skelton

Sky Light was opened on Thanksgiving day and members and staff enjoyed a great meal together. Now it's time for the holiday season where staff and members will go on Unit luncheons to celebrate everyone's hard work throughout the year. Last year, we went to a Spanish restaurant and it was very nice. We are going back this year since it was so much fun! The luncheons are a very nice gift from Sky Light.

Since it's starting to get cool outside, Sky Light will be having a coat sale in the Thrift Shop soon. I hope everyone will stay warm! I hope everyone has a Happy Holiday.

### The Holiday Season at Sky Light

By: Greg Soroko

There are a lot of lovely events going on here at Sky Light during the holiday season. There was a wonderful Thanksgiving day meal here on Thanksgiving day. We are planning to have our annual Holiday party on Saturday, December 18th, which is always lots of fun. We will all be together helping to decorate the tree and the house. There are trips to Rockefeller Center and a candlelight tour of Richmondtown.

Also, on Christmas day, Sky Light will be going to Karl's Klipper down the block from Sky Light. There is always a nice buffet for us to choose from and it's a great time. I hope everyone has a wonderful and healthy holiday season.