

# HORIZONS

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November 2010

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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
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
TUESDAY, THURSDAY, FRIDAY	TUTORING	3:00PM-5:00PM
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
FRIDAY	TUTORING	5:00PM–9:00PM
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

November is the month when we give thanks for the things that we have and the people that we have in our lives. The Clerical Unit wants to thank the membership for all their hard work throughout the year. We appreciate all the hard work and effort that each and every member puts into working in the clubhouse and reaching your goals.

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. Karen Paolini and Elizabeth Reiter are the newest members in the clubhouse. Please give them 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 of the clubhouse, have them call the Clerical Unit to set up 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 Patrick Pizzolo, Howie Weingard, Leon Brown, Lorrie Rothstein, Steven Bass, James Wallace, Charles Lee, William Bernard, Luis Rodriguez, Margaret Wilson, Daniel Prete, Pamela Schwarzmann, Karen Greer, Frank Kaminiski, Charles Vazzana, Peter Pellegriti, Joe Garto and Holly Lillie for all their hard work in the unit. We could not do it without you guys!

## November Evening Meeting Schedule

11/4 Education/Employment

11/11 No Evening Meeting Due to Veterans' Day Holiday

11/18 Housing

11/25 No Evening Meeting Due to Thanksgiving Day Holiday

## Job Club

### Job Club Topics

11/4 Job Savvy Chapter 7  
(pgs. 116-120)

11/11 Veterans Day Holiday  
(Job Club Cancelled)

11/18 A New Perspective for Job Hunters; Facing the Job Market  
(pgs.16-17)

11/25 Thanksgiving Day Holiday  
(Job Club Cancelled)

## Employment Update

### HOW TO GROW A HEALTHY SELF-ESTEEM THAT WILL CARRY OVER TO YOUR JOB

How do you grow a healthy self-esteem? Here are some pointers:

1. Accept yourself as you are.
2. Stop saying mean and ugly things about yourself.
3. Set future goals and affirm daily.
4. Work on things you need to change and all bad habits that rob you of self-respect.
5. Have a positive mental attitude.
6. Seek out positive self-image coaches.
7. Become self-reliant.
8. Start giving acceptance, appreciation, recognition, and approval to others.
9. Make a list of all victories and successful experiences.

10. Prepare yourself for the task.

11. Plan your time

12. Stop talking and start listening.

Success is made, not born. The primary difference between job success and failure is attitude. Successful individuals set goals and unsuccessful individuals make excuses. One of the most important parts of your attitude is a strong, positive self-image — a firm belief that you have value as a person and as an employee.

If you believe you have value as a person, enjoy the success you achieve and believe in your abilities. In doing so, you will be well on your way to employment success.

## Education Update

John Clarke once said, "Go back a little to jump further." Take the first step in your educational goals by sitting down with a Sky Light Center tutor and working out an Educational Service Plan. Also, Sky Light Center's Adult Literacy Program is available to any member who would like to improve his or her literacy skills. You can work at your own pace with a tutor one on one. Come in during tutoring hours to take an assessment test and start work immediately on improving your reading and writing skills.

In an effort to help you manage your finances during these tough economic times, Sky Light Center has acquired new banking and accounting workbooks. You can now work with our tutors to better gain control over

you financial life.

Interested in taking a local course at the St. George library, McKee or a class on line? Check out the "Education Course" book in the Resource Room which features information about local classes. You will be pleasantly surprised about what is available right in your own back yard.

Sky Light Center has PLATO material that is completely up to date and web based. This new learning tool is helpful for those looking to build or develop reading skills, math skills, job skills and life skills. Come on in and check it out. It is an educational and fun way to learn

## 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. The next meeting will take place on November 15th at 2:00pm.

### Upcoming Events:

- The Staten Island Mental Health Council Consumer Committee will meet this month on Monday, November 1, 2010 at 90 Hancock Street at 11:00am.

- The general election will be held on Tuesday, November 2, 2010. Voters can practice voting on a paper ballot the new way before Election Day by visiting a Learning Center at your local Board Office. Voters can call 1-866-VOTE-NYC to find a Board Office.
- The November Staten Island Mental Health Society Meeting held at 669 Castleton Avenue will be canceled for the month of November due to the Holiday. The meeting will resume on the second Thursday of the month in December.

**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 is in the process of stocking up for the cool weather. Please keep an eye out for fall/winter jackets and shoes in the upcoming weeks. If you care to lend a helping hand with this transition, please see a staff member in the Clerical Unit.

**We need your help!**

In the upcoming weeks, we will be re-organizing the Processing

Room to make it a more user friendly space. If you are willing to assist with this task, please see a staff member 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.

Recently, the Clerical Unit has purchased new organizing items to make finding sizes and prices easier for our shoppers in the Thrift Shop. In the near future, we will begin pricing and sizing all items with colored tags.

Because this is a relatively large project, we will need all the help we can get. If you care to help out with this task, please see a staff member in the Clerical Unit.

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, Debbie Fisher, Karen Paolini, Rick Skelton and Patick Pizzolo.

**REMINDER:**

**The Attic Treasures Thrift Shop has new week-day hours beginning this month. The new hours are as follows:**

**Mondays: 3:00pm-4:00pm**

**Fridays: 2:30pm-4:00pm**

## *Kitchen Unit Update*

The trees are bare; it certainly looks like winter weather has arrived. The stores are fully decorated for the holiday season. As the shopping begins, many are looking forward to celebrating with family and friends. The air is crisp so snow may be on its way; be sure to get your snow boots ready along with your hats, gloves and scarves. This is the season to snuggle up and read a good book along with some 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: Ray Boje, 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 and Michael Reed. 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;

### **REMINDER:**

The Food Pantry continues to offer food items out twice monthly. The first giveaway will be November 10th from 11:00 a.m. to 12:00 p.m. and the second on November 24th from 2:00 p.m. to 3:00 p.m. Please help Sky Light Center stay green by bringing your cloth bag!

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 or Carlos 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, November 12<sup>th</sup> and Friday, November 26<sup>th</sup>. Free patches, gum and lozenges are available for those who attend the workshop on a regular basis.

### **Wellness Update**

November is an important month for awareness of matters of both physical and mental health. Alzheimer's disease is an irreversible progressive brain disease that slowly destroys memory and thinking skills, eventually even the ability to carry out the simplest tasks. In most people with Alzheimer's, symptoms first appear after age 60.

Alzheimer's disease is the most common cause of dementia among older people. Dementia is the loss of cognitive functioning, thinking, remembering and reasoning to such an extent that it interferes with a person's daily life and activities. Estimates vary, but experts suggest that as many as 5.1 million Americans may be diagnosed with Alzheimer's Disease. For more information regarding Alzheimer's Disease please visit the Alzheimer's Association website at:

[www.alz.org](http://www.alz.org)

### **November Awarenesses**

National Diabetes Month  
National Healthy Skin Month  
National Alzheimer's Disease Awareness Month  
National Pulmonary Hypertension Awareness Month  
November 18th: Great American Smoke Out

## *Housing Update*

Our October 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 November's will be just as successful! November's housing dinner will be held on November 18<sup>th</sup> and we will be talking:

### **"Repairs and Renovations"**

#### **(Who is responsible for repairs? The tenant or the landlord?)**

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 have a few members going through 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 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.

We would like to congratulate Patricia Kelly and Michael Reed for being our two newest members to move into Sky Light's Housing Program. We wish you all the best!

### **Housing Dinner:**

**November 18, 2010**

**Topic: "Repairs and Renovations"**

**(Who is responsible for repairs? The tenant or the landlord?)**

## *ICCD Standard Discussion Meeting*

### *Minutes: Standard #23*

**#23 The Clubhouse offers its own Supported and Independent Employment programs to assist members to secure, sustain and subsequently, to better their employment. As defining characteristics of Clubhouse Supported Employment, the Clubhouse maintains a relationship with the working member and the employer. Members and staff in partnership determine the type, frequency and location of desired supports.**

#### **Standard Discussion #23**

**Participants:** Margaret Wilson, Peter Pellegriti, Leon Brown and Kieran Farley.

**Discussion:** Standard #23- Members actively participated in a discussion regarding this Clubhouse Standard. All members agreed that receiving supports through employment plays an important role for some members on their road to recovery. It was stated by a member who has personal experience with receiving these types of supports through Sky Light Center that he was able to grow as an individual and felt more like a member of society once he re-joined

the workforce. He also stated that without Sky Light Center's support he does not feel he would have been able to transition back to work.

Furthermore, it was stated by a member that receiving supports with employment through Sky Light Center has assisted with raising his self-esteem and has helped him prove to himself that he has the ability and interest to not only obtain but sustain a job in the community. He believes that with Sky Light Center's support he has been able to regain his self-worth and feels like a member of the community.

All the members who participated in this discussion agreed that Standard #23 is an important step in the road to recovery. They all stated that working is a way to foster independence and assists in self-esteem building. Members agreed that without Sky Light Center's Supported Employment Program it would have been considerably difficult for them to obtain a job in the community. Standard #23 applies to all four of the rights to 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: OCTOBER 5TH 2010

CO-CHAIRS: ANGELA VALENTINO &  
STEPHEN SIGNEAVSKY

**Attendance:** Diana Hellman, Cathy Holladay, Carlos Osorio, Stephen Signeavsky, Jean Coniglione, Charles Lee, Daniel Prete, Angela Valentino, Jessica Shevlin, Debbie Sanchez, Karen Zeifert, Rosa Guardascione, Caroline Gallo, Peter Pellegriti, Reggie Minus and Angela Valentino

#### Agenda

1. Bed Bugs Policy
2. Max Number of Chairs in the Library
3. Member Satisfaction Survey
4. Changing Date of Placement Managers and Operations Meeting
5. Revisit Fall/Winter Policies
6. New Idea for Future Spring/Fall Picnics

#### Issue #1: Bed Bugs Policy

**Discussion:** Due to an epidemic of bedbugs throughout the city, if a member has an infestation they cannot attend SLC until they show proof of three treatments.

**Proposal:** In order for a member to return to SLC, he or she must present a receipt showing that three visits from an exterminator were conducted.

**Decision:** Affirmed. Three visits made by an

exterminator with proof of receipt must be shown to a staff member before a member can return to SLC.

#### Issue #2: Max Number of Chairs in the Library

**Discussion:** Due to a high volume of members in the library, it was suggested that there should be a fewer chairs available to avoid overcrowding.

**Proposal:** Allowing eight chairs in the library at a time to avoid overcrowding.

**Decision:** Affirmed. Eight chairs will be allowed in the library at any time.

#### Issue #3: Member Satisfaction Survey

**Discussion:** Distributing a member satisfaction survey for member feedback in mid December.

**Proposal:** Mail out surveys to members as well as having surveys available at SLC for all active members.

**Decision:** Affirmed. Member satisfaction survey will be sent to active members and copies will be kept at SLC.

#### Issue #4: Changing Date of Placement Managers/Operations Meetings

**Discussion:** Due to having a special dinner and being short staffed on Thursdays for the placement managers and operations meetings, reschedule meetings for Friday afternoons.

**Proposal:** Moving date of the placement managers and operations meetings from

Thursdays to Fridays.

**Decision:** Affirmed. The operations and placement managers meetings will be moved to Fridays.

#### Issue #5: Revisit Fall/Winter Policies

**Discussion:** Reminder that coats and jackets worn outside must be taken off before entering the dining room. There is no smoking or lighting of cigarettes allowed in the facility.

**Proposal:** Continue to implement current policies.

**Decision:** Affirmed. Members and staff will continue to remind one another of the Fall/Winter policies.

#### Issue #6: New Idea for Future Spring/Fall Picnics

**Discussion:** Organizing a picnic in May and October.

**Proposal:** Having a picnic in May to honor Mental Health Month and one in October in conjunction with Mental Illness Awareness Week.

**Decision:** Affirmed. Future picnics will be held in conjunction with Mental Health Month and Mental Illness Awareness Week.

**Next Meeting:** November 2, 2010

**Co-Chairs:** *Angela Valentino and  
Diana Hellman*

## Member Articles

### Sky Light Center and Mental Illness Awareness Week

By: Reggie Minus

On Friday October 8<sup>th</sup> Sky Light held a Mental Illness Awareness Week Candidates' Forum at the Staten Island Mental Health Society. Cathy Holladay presented the opening statements of the forum and the introduction of Assemblyman Titone. A power point presentation which gave statistical information on mental illness was presented by Rosa Guardascione. Debbie Judge read a Borough President's Proclamation and Lillian Bernius gave us a MIAW message. Also Ray Febles and Reggie Minus read talking points on MIAW. There were questions for Assemblyman Titone which were given by Cathy Holladay as well as members of Sky Light Center and community members. The assemblyman established a commitment to helping people with mental health disabilities. At the closing of the

forum, members of Sky Light Center and community members socialized with the Assemblyman and each other and discussed personal experiences related to recovering from psychiatric disabilities.

### Sky Light Picnic

By Margaret Wilson

On Thursday, September 30<sup>th</sup>, Sky Light Center held it's annual Fall Spirit Day. The rain came down, but it did not dampen the enthusiasm of both members and staff. To keep everyone dry, a tent was set up right in the backyard. The food was catered by Top Tomato, and as always, they did a superb job. There was something for everybody. We had delicious chicken sandwiches, roast beef and ham sandwiches as well. There was eggplant rolletini, mozzarella sticks with dipping sauce, baked clams, rice balls and barbecue chicken wings. This incredible meal was topped off with chocolate cake and fruit.

The idea behind Spirit Day is an opportunity for members to reconnect and socialize. Thanks to

the tables and chairs set up by the staff and members, we were all able to enjoy ourselves thoroughly. Various staff and members joined in the fun of Halloween decorating. Thanks to their efforts, the Clubhouse is chock full of pumpkins, spiders witches and other creepy Halloween creatures! All this fun was had with the radio playing oldies in the background. I would say, without question, that Sky Light Center's Fall Picnic was a rousing success!

### Sky Light Center

By: Theresa DeMaio

Sky Light is a wonderful program. The people are very nice and so is the staff. I like to help in the Thrift Shop by sorting out clothes, and putting them on hangers. I also work on the computer entering data for the attendance. It is a lot of fun, because I improve my typing skills and also it improves my memory. The more I work on the computer, it does become easier.

At Sky Light, I also make copies and help collate the newsletter. Sky Light Center has a library where I like to read books. They have a lot of interesting books to read, you become more educated and it passes the time. The people can socialize here too. The members are kindhearted people, some of them have jobs and some of them have apartments. Sky Light Center helps me feel like I have a place to belong to.

## 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
George Wilson	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	The Bridge	John Zizzamia	Respite Care
Gary Goldstein	Baltic Street		

# November Birthdays

Raymond Caban 11/01

Allen Weinfeld 11/05

Patrick Pizzolo 11/06

Alan Calabrese 11/08

Danny Knysh 11/14

Jessica Sanabria 11/14

Eileen Feeley 11/15

Brigit Rotondi 11/20

Lisa West 11/21

William B. 11/27