

VENTURE VOICE

WINTER

NEWSLETTER

2025





Our Mission

Venture House is dedicated to supporting the wellness and recovery of individuals living with mental health challenges. We are a diverse, inclusive community that helps members access employment, education, housing, civic engagement, and the arts. We promote hope, self-determination, fellowship and purpose.

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Venture House Locations

Queens

150-10 Hillside Avenue
Jamaica, NY 11432
718-658-7201

Bronx

2477 Webster Avenue
Bronx, NY 10458
646-214-8164

Staten Island

1442 Castleton Avenue
Staten Island, NY 10302
718-658-7821

Brooklyn

885 Rogers Avenue
Brooklyn, NY 11226
929-551-2130

Our Thanksgiving Celebration of 2024

By Natellie Philip
(November 28, 2024)

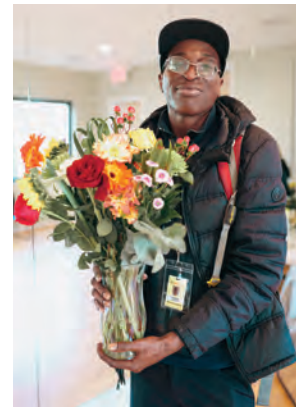
Thanksgiving is the start of the giving season at the end of the year. Thanksgiving means giving thanks to God; and the special people that has been there for you through bad times and good times. Through thick and thin. And always. We all want to say “thank-you” to all the staff, members, friends, and families for all the love and positive contributions that everyone has helped and assisted in our clubhouse community.

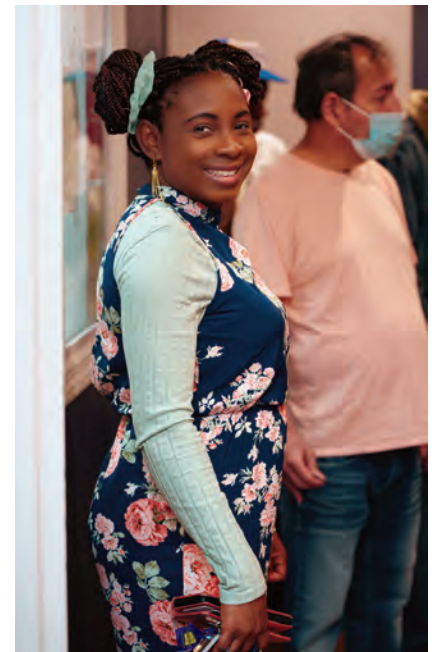
The tables set up for the Thanksgiving Celebration were carefully designed and very well put together by the staff and members, like Larry, Pat, and Natellie.

The members and staff all participated in the decorations. We sat together and ate a delicious meal and luncheon at Venture House. We all ate ham, pork, turkey, spinach, mash potatoes, bread with butter etc. A fruit cup, that consisted of grapes + strawberries + cherries. We also had a choice of three different pies and different drinks.

At Venture House we celebrated “Thanksgiving Day” as a team and a beautiful/caring family; that supports, assists, guides its people in a positive way. We ate, socialized, and enjoyed the beginning of the holiday season. ■







Venture House Holiday Door Contest

By Tara Arnold
(December 2024)



When I found out who won the door contest, I thought it was very interesting. I was extremely shocked by the results when they were announced. Let me explain. Each unit had a door to decorate. For E&E we had a Santa Claus with his reindeer, HAM had drawings of members and staff and turned into a Christmas tree, CID door was

about the grinch, CW door was a gingerbread house and the Media door was covered with lights, elf legs, and a wreath (I even lent my candy cane used for the Raising Cane's joke).

After everyone finished with their door, we all went around the clubhouse and looked to see which door was the best one. Then Pat, Jehon and I went to each unit to make sure that everyone voted. We wanted to ensure that everyone voted only once. We hid the voting box in the closet in the Admin Office to make sure that no one cheated, but for some reason it got moved to the HAM unit. In my humble opinion, this was a bit fishy.

At the end of the week, we counted all the votes. To our shock and amazement, the HAM unit won, and it was their third year in a row winning the door contest. I really thought that the E&E unit was going to win because I believed we had the best door in the clubhouse. However,

we came in third place while they came in first. I believe that there was some creative counting and suspicious activity involved in collecting the results. E&E should have won! Overall it was a good time for us to



come together to have some fun and I am glad that everyone showed off their creativity... even though I still think that HAM may have cheated. At the end of the day, we all try to remember that it was all just for fun and in the spirit of the giving season. HAM better not win next year. ■



Clubhouse Accreditation Process

By Jehon Balidemaj
(January 25, 2025)



As many of you may already know, VHQ is due for our next Accreditation visit. Accreditation is a quality assurance process overseen by Clubhouse International designed to ensure successful outcomes for Clubhouses around the world. From February 26th through 28th, Aaron Labonte and Delaine Swearman, both on the Faculty of Clubhouse International, will be here at VHQ to both evaluate and consult with us. That means they will be both assessing us while also providing us with advice. At the end of the process, we will be awarded an Accreditation for either a one-year or three-year period, subject to our degree of adherence to the International Standards for Clubhouse Programs.

Every week, from September through December, a dedicated group of VHQ members and staff gathered to complete a Self-Study Report for the Accreditors to read and for us to make a self-assessment. This resulted in over 120 pages of collaborative goodness about the ins and outs of our Clubhouse. The Self-Study has been submitted, and we are eagerly looking forward to Accreditation! We will be talking more about Accreditation in the days and weeks ahead so stay tuned! We know we are a great Clubhouse that will shine but we are also open to suggestions and constructive feedback. Just like everything else we do, we know we are going to knock this out of the park! ■

Wednesday Dance Group for Wellness

By Jesse Gidwill

I would like to talk about the dance class that happens with teacher Jeo every Wednesday at 12:00pm in the Wellness Center here at Venture House organized by Chaunce of the CW Unit. As someone who has been dancing for 16 years, it's still very fun to take his class every week. He makes it easy to dance for folks who aren't savvy in the world of dance. Even though I have years of, I get mixed up some of the time. Thinking and dancing isn't something I'm used to. I usually dance by myself, and it is freestyle, in the moment sort of a thing. With Jeo, he is instructing us, and we are following along with his movements. So don't feel bad if you can't dance or uncomfortable in doing so.

It's also a method where you could express yourself in a healthy way. It's good for your mind, body and to connect with other people without saying a word to one another. We could always use more people to join the Dance Group on Wednesdays. Learning to dance has been one of the greatest things I ever had the opportunity to do in my life. I'd like to share that passion with other people who may have an interest. For more information of the class, you can speak to me or Chaunce. Keep on moving! ■



Winter Wonderland Talent Showcase

By Natellie Kay Philip
(December 11, 2024)



The Winter Talent Showcase was held at our Venture House dining room, that was truly decorated by staff and members. The talent, artists, and the great performances were so awesome and amazing that we were all in shock and excited. All the acts were done and performed in an inspirational and motivating way. We all sang, danced, rap, recited poetry, and did special acts too.

I personally thought that the talent show that was led so well by Dan Victor in the Media Unit and our great leadership skill by Tianna Coleman as our lovely host. Also, all the staff and member that participated before, during, and after the talent show was sincerely appreciated and so very talented. I decided to sing a song by Janet Jackson called "Because of Love" from her "Janet" album that was a masterpiece. I choose the song because it displays a nice and elegant view and natural sound about love. The love that Janet Jackson really do have for the people in her life, her fans and her loved ones. Janet Jackson, Mariah Carey, Beyonce, and Madonna are some of my favorite artist and lady



entertainers that I like to listen to and emulate.

I thought that all the talents and excellent performances were being portrayed in many fun, fantastic, and phenomenal ways. All the talent were performed under pressure with, some people being a little shy and slightly nervous, but everyone still rocked in many spectacular ways. Excellent job and work from everyone. ■



"The Staff and Members, showed their untapped talents. It was beautiful music, food, poetry, and sports exhibit. It was a warm, friendly atmosphere for all in a attendance. After that Talent Show everyone was talking about how exciting it was." - Brenda Wilson ■



Sports Report Super Bowl Party

By Dan Victor
(Taking Place on February 9, 2025)

On Superbowl Sunday there will be an epic party with Maggie and Dan hosting. Come enjoy game day with Venture House. there will be a special LIVE taping of the Sports report with your hosts Nijah "Knight" Purifoy and Alex "Alejandro" Harrison. Let the competition and rivalry fly with The Philadelphia Eagles and The Kansas City Chiefs as they vie for the NFL championship for Superbowl LIX (59). Nijah picks the Eagles and Alex pick the Chiefs. Philly is favored slightly as far as stats are concerned, but Chiefs quarterback Patrick Mahomes is backed by the betting public, so it's really anyone's game. Come see for yourself Feb. 9 with the Clubhouse opening at 4pm, and the game starting at 6:30pm. ■



Raising Cane's

By Tara Arnold

(December 10, 2024)

On Tuesday December 10, it was a very cold day that a group of us went to Jamaica Ave. for the grand opening of their new Raising Cane's location. Members and staff that came with us included Pat, David, Nijah, Alex, Barrett, Morello and myself (Tara). When we got there we saw a huge, long line full of people; some of them had been there since early in the morning.

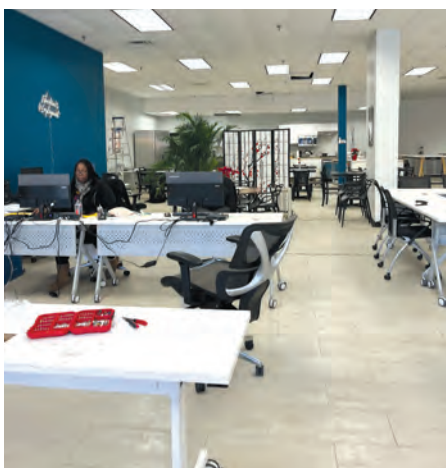
The manager of raising Canes came out to greet everyone who came to offer their support. They presented us with a \$1,0000 check to Venture House as their way saying thank you for being one of our partners and offering potential Transitional Employment positions. We all took a group photo together with the check as well as the staff from Raising Canes. We also were interviewed by a former student from York College for her news report. She asks about what a clubhouse is and how it help people with mental health challenges. Overall it was a great experience to see and I am glad that we have a new partnership for our clubhouse and hopefully we can have members work there soon as a part time job. ■



New Venture House Locations

BROOKLYN Clubhouse

Address: 885 Rogers Avenue, Brooklyn, NY 11226 | **Phone:** 929-551-2130



“Growing up in the Bronx was hard for me because I did not have opportunities such as Clubhouses. Without support I went through homelessness, discrimination and struggled with maintaining a job and often misjudged. We need places like this, so we don’t have to struggle, a place where people care, a place to be themselves while receiving genuine love.”

– Ann Marie aka Bubbles

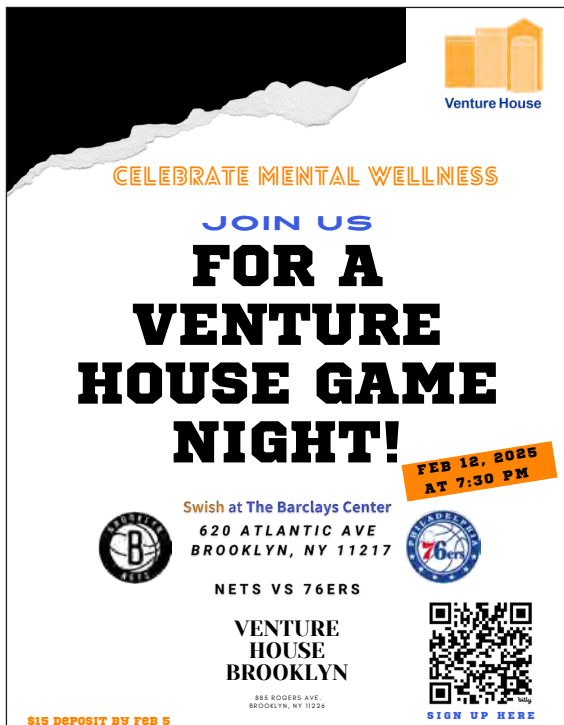


BRONX Clubhouse

Address: 2477 Webster Avenue, Bronx, NY 10458 | **Phone:** 646-214-8164

SWISH at Barclays Center - Game Night with Venture House

Organized By Caden Mervieille
(Taking Place on February 12, 2025)



CELEBRATE MENTAL WELLNESS

JOIN US FOR A VENTURE HOUSE GAME NIGHT!

Swish at The Barclays Center
620 ATLANTIC AVE
BROOKLYN, NY 11217

NETS VS 76ERS

VENTURE HOUSE BROOKLYN
885 ROGERS AVE.
BROOKLYN, NY 11224

FEB 12, 2025 AT 7:30 PM

\$15 DEPOSIT BY FEB 5

SIGN UP HERE

Mark your calendars and join us for Venture House Game Night at the Barclays Center on February 12, 2025, at 7:30 PM as the Brooklyn Nets take on the Philadelphia 76ers.

Event Highlights:

- Recognition of VENTURE HOUSE BROOKLYN as a vital part of the community on center court as well as a video presentation.
- Tabling opportunities to promote mental wellness and spread awareness of our mission.
- Exciting raffles and giveaways for attendees.

This will be a truly special evening as we celebrate **MENTAL WELLNESS** and Venture House, who will be honored as the “Non-Profit of the Night”!

Ticket Prices:

- Members: \$15 refundable deposit (non-refundable for no-shows)
- Staff: \$15
- Guests: \$45 (Purchase tickets via this Purchase Tickets)

Deposits are due by Feb. 5, 2025. Don't miss this historic occasion!

QR code for quick registration ■



BLACK HISTORY SHOWCASE

FEBRUARY 27TH AT 4PM

IF YOU'RE INTERESTED IN PARTICIPATING CONTACT ANY STAFF



UBS Arena
Presents.....
NEURODIVERSITY DAY

NY ISLANDERS VS TAMPA BAY LIGHTNING

APRIL 1ST, 2025 @ 7:30 PM
\$15 DEPOSIT TO SECURE YOUR SPOT!
MONEY WILL BE RETURNED UPON ARRIVAL



Buffet Bonanza

By Farah Fardoush

(January 26, 2025)

There are a variety of events that staff and members of Venture House participate in throughout the year such as going to trips and having parties. A recent event was a trip to a buffet. A buffet is defined as “a meal consisting of several dishes from which guests serve themselves.”

On a beautiful Sunday, January 26, 2025, at about 11am, about 30 members and 2 staff members, Fabian Perez and Patrick Guinan, met up at Venture House for a trip to a Chinese buffet. After half hour, a van was used to get to this restaurant called Queens Buffet & Cajun Seafood located in Ozone Park, Queens. Everyone got to enjoy over 45 different kinds of delicious food from 12pm to 1:30pm for only \$7 per person. The group left the buffet at 1:30pm because the maximum amount of time that one can stay at this buffet is 1 hour and 30 minutes long. We came back to the Clubhouse at about 2pm van and everyone had a full stomach, were content in their hearts and filled with lots of happy memories.

Each person took their own plate and served themselves some lunch, drinks and some desserts too. All were able to take as much food as they wanted to. Also, the restaurant had a sign on the wall stating, “Carry out is charged by weight additionally” meaning that you would have to pay separately if you wanted to take home any food. The group enjoyed soft contemporary music playing in the background in this restaurant with bright lights. Even a chandelier was evident, making this restaurant look even more beautiful! Moreover, a few Chinese cultural paintings on the walls and other types of decorations were there at this clean



and neat restaurant. And there was a fountain in the middle of the restaurant with waterfall. This brought people in the restaurant closer to nature and the sound of the waterfall was very calming.

What kinds of different food were there at this buffet? For lunch, there were Chinese cultural food such as sushi, shrimp, string beans, boiled eggs, vegetable fried rice, chicken with broccoli, snow crab leg, honey chicken, grilled chicken, Cajun seafood, baked salmon, coconut shrimp, salted shrimp, sautéed string beans, spicy buffalo wings, general Tso’s chicken spicy, cheese wonton with crab meat, seafood garlic spaghetti, vegetable hot & sour soup, pork dumpling, vegetable spring rolls, sweet donut and much more. Some American food were there too such as garlic bread, cheese macaroni, potato parsley, fried plantain, fried crab stick, chicken wings, French fries, chicken nuggets, onion rings, cheese stick, fried shrimp, and salted blue crab. There were fruits such as cantaloupe pieces, cherries, pieces of peaches, cut up oranges. They had salad as an option to put on their plates also. Additionally, for desserts, there were cake and ice cream amongst other desserts. You could tell the excitement that was there in this Venture House group who went to this buffet as they cheerfully served themselves the various types of food

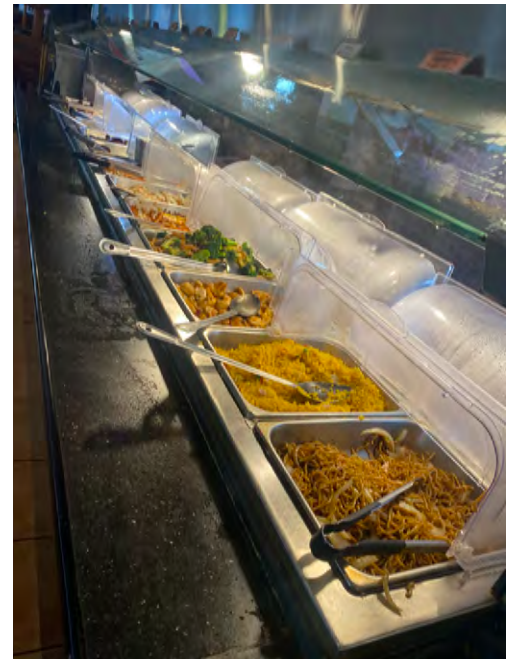
available. And after eating at this Chinese buffet, lots of Venture House members stated that they had a very good experience.

For instance, one member ate 2 plates of food, drank some soda and ate some ice-cream stating this buffet was “very good.” And while another member didn’t

like the spicy mushrooms, she did like the spaghetti with shrimp. Furthermore, this member stated how this was her second time coming to this buffet. She stated how she had a very good time and would recommend this buffet to others because there is “plenty of food in here” and this “place is cozy” too.

Member Erigove said “I like it. What I got is great!” He sat at this buffet with another member, Laura. He also likes “the environment” and likes how he is having this buffet with the VH group. He feels it is better to eat together than alone. He would come back to this buffet again, especially with Venture House because the price is cheaper and better, only \$7 compared to if you come by yourself. Erigove stated how you have to pay more if you come by yourself. He said how it would probably be about \$15 or \$20 per person. He described this buffet as “healthy and delicious.”

Overall, this buffet trip was a wonderful way to socialize with the community by eating together just like when VH went to a buffet trip before about 2 months ago. As this was a Chinese buffet, this buffet experience included lots of aspects of the Chinese culture. Maybe Venture House could go to a buffet again in about 2 months and this time around, it could be to an Indian restaurant that has an Indian buffet! ■



Visit to the New York Transit Museum

Photos by Larry Jones
(January 11, 2025)



Larry and the rest of the VH folks went for a visit underground. The museum was founded in 1976, the New York Transit Museum is dedicated to telling and preserving the stories of mass transportation – extraordinary engineering feats, workers who labored in the tunnels over 100 years ago, communities that were drastically transformed, and the ever-evolving technology, design, and ridership of a system that runs 24 hours a day, every day of the year.

Housed underground in an authentic 1936 subway station in Downtown Brooklyn, the Transit Museum's working platform level spans a full city block, and is home to a rotating selection of twenty

vintage subway and elevated cars dating back to 1907.

Visitors can board the vintage cars, sit at the wheel of a city bus, step through a time tunnel of turnstiles, and explore changing exhibits that highlight the cultural, social and technological history – and future – of mass transit.

The New York Transit Museum is a self-supporting division of the Metropolitan Transportation Authority. Friends of the New York Transit Museum, a 501c3 not-for-profit organization, was established in 1995 to promote and raise funds for the Museum's operations and programs. ■



New Member Profile: Billy Whitehead



How did you find out about VH and what are your impressions so far?

Billy: I was at the Queens Central Library April of this year (2024), on Merrick Blvd. and 89th Ave., and I saw a Venture House pamphlet/brochure. I picked it up from the informational rack and read it and immediately thanked God for it. I left the Library and went right there. It was about 4:00 in the afternoon. When I got to Venture House whoever was at the front desk told me that I needed to call in to request a tour. So I did and spoke with Kelsey and was scheduled for a tour for May and had a tour and an interview. I filled out an application and was given a medical form for my Primary Care Doctor to fill out; and I was asked to have my mental health care team provide mental health history and reports about me as well. I faxed all of this information and reports back to Venture House and did a 2 part orientation October 1, 2024 and October 8, 2024 and now I am an official member of Venture House. My impressions of Venture House so far are very positive. My initial feeling and thoughts was “Wow!” Astonishment, admiration, amazement at the positive atmosphere environment; the diversity of people, how clean, well-organized and everything you

would want is here. Everything here; the people, so many various functions, and activities, I am just amazed at all that is here.

Can you share a bit about your cultural and familial background, and do you feel this has influenced your perspective on mental health and seeking support?

Billy: I am an African American man, born and raised in (Harlem and the Bronx 1962 - 1996). Then in 1996 I moved to Queens and Elmont Long Island; a big difference from Harlem and the Boogie Down Bronx. My Mother and Dad separated when my brother and I were 4 years old and 6 years old. We grew up in uptown Harlem and the Bronx. My Mom worked very hard raising us and tried to give us everything on a school teacher's salary. My brother had a very bad episode with the drug Angel Dust back in 1978 and was hospitalized and in 1981 was stabbed in a fight and died at age 20. So, I believe that experience of my brother's mental health situation may have helped prepare me for my experience last year when I experienced a major depression episode to the point that I was hospitalized and now recovering. And now I thank God for this Clubhouse called “Venture House”.

Are there any challenges you've faced that have had a significant impact on your well-being?

Billy: My most recent employment, where I was wrongfully terminated (July 7, 2023) and it destroyed me at the time mentally. Still to this day I am struggling with that unlawful termination. I had become severely depressed and attempted suicide (September 23, 2023). I am still trying to understand it all and dealing with the after effects of the guilt and the shame of being unjustly terminated and

not being able to correct it.

If you could have a superpower for a day, what would it be and how would you use it?

Billy: If I had a Superpower for a day; it would be a Power to influence and to inspire everyone to be positive human beings and to motivate and to encourage people to help one another and to work together for the common good for all, to help make the world a much better place for everyone. Under the banner of “United We Stand, Divided We Fall.” And the Motto: “Teamwork Makes The Dream Work” and “Together We Are Stronger, and Together We Can Accomplish More”.

If you could have a conversation with your younger self, what advice about mental health would you give? Is there a specific moment or insight that you wish you could share to make your younger self's journey easier?

Billy: I would have a conversation with my younger self on the topic/subject about mental health – defining and explaining a better and true meaning of the Slogan, “A Mind Is A Terrible Thing To Waste; or Take For Granted”. I learned so many important and powerful lessons from my Mom. One of the fundamental ones was about education; and even counseling. I remember one time when I was being bad in school (maybe 2nd or 3rd grade) my Mom took me for counseling for a period of time. And at the time I didn't really understand it or take it seriously then. Now I see the importance and the rich value of those two lessons. So my conversation with my younger self would be; stop, listen to what help is available and being given to you and embrace it and use it for your success and help to do better. ■



“Abdullah” portrait of member by Robinson L.



“Larry J.” portrait of staff member by Robinson L.



“Deo” portrait of member by Robinson L.



“Anime Art” by Javonny M.

Hillside Blues Ave

A Poem By Saul Holcman

On Hillside Blues Ave,
where the grand door stands tall,
With arches that whisper -history
It beckons the weary, the lost,
and the bold,
A sanctuary of stories,
both new and retold.

But what of the ill,
With broken wings flapping,
trying to find their way,
They gather like clouds on a stormy day,
Seeking the light,
the sweet drink of happiness

Oh, how absurd it can get,
we laugh and we sigh,
As Socrates' clouds loom large in the sky,
He'd sip on his hemlock,
with wisdom so sly,
While we ponder our faults,
with a twinkle in our eye.

Hillside Blues Ave,
where the grand door does gleam,
It's a portal to healing, a place to redeem.
With laughter-like music that dances
through the air,
And hearts that beat louder,
with stories to share.

So come, all you dreamers,
with wings worn and torn,
The grand door awaits you,
the new day is born!
For in this sweet haven,
the blues find their tune,
As we chase down the shadows
and laugh at the moon.

Let the arches be guides,
through the trials we face,
With each step on this path,
we'll find our place.
Embrace the absurd,
let the laughter resound,
All On Hillside Blues Ave
And our Venture House for hope. ■



Twilight Glow

A Poem By Saul Holcman

In the soft glow of the evening,
where shadows dance,
Our love feels real,
like it's got a chance.
With gentle whispers,
the stars seem to shine,
And I can't help but wish
you'd always be mine.

When night falls and
dreams start to soar,
Your arms wrap around me,
and I couldn't ask for more.
I find comfort in knowing
you're always near,
Chasing away that emptiness,
calming my fear.

Through all the laughter
and even the tears,
We navigate life, facing our fears.
While some rush by,
missing the good stuff,
We take our time, savoring it all -
never enough.

So let the world keep spinning,
let the seasons shift,
Our love is steady; it's truly a gift.
With every heartbeat,
whatever comes our way,
I promise you, love, our bond
won't fade away. ■

Growing Older with Mental Illness

By Brenda Wilson

(January 25, 2025)

The days and nights are different.
After you get older you wonder what
can you do to make you feel better.
Keep busy and learn new things like
computer, dancing, singing, writing,
exercise, and walking. Meeting new
people and talking about how you are
feeling each day and night, the good
and the bad. Talking with younger
people to keep up with new things. ■

Don't Get Close

A Poem By Anonymous

You might make me pause
Interrupt my pose
If you want to stay
To watch you may
But don't contrive
To get inside
Inside my world there's
only pride and walls to keep
the pain outside
You can stand aside and
Watch my act
But don't annoy
My beauty is here to be enjoyed
But NOT too much
I can't be touched
Your life is built on
Chance and hope
But I prefer to stay remote
Inside the wall that shelters me
So, If you want to stay
To watch, you may
But keep your love and pain away! ■



Clubhouse and New Years

By Farah Fardoush

How was your new year's 2025?

My new year's 2025 was a lot of fun. I made cards wishing my peers as well staff a happy new year 2025. Also, I came to Venture House for the holiday lunch to celebrate new year's with my peers and staff. It was great to make some new year's resolutions too for the new year 2025. My most important new year 2025 resolution is to exercise. Lastly, I watched the ball drop that took place in Times Square to celebrate new year's 2025 on youtube as well.

What does clubhouse mean to you?

A clubhouse is a place where members with mental illness come in to achieve goals in which staff such as social practitioners and mental health workers could possibly help them. Examples of goals could be socialization, housing and education. There isn't a lot of structure in a clubhouse. Members make their own schedule for the most part.

A clubhouse is a good resource to have for a member's support system. Peers and staff are there to provide support and advice for the members. Moreover, all members suffer from mental illness at a clubhouse, which brings them closer together and members support one another as they recover from the same thing, mental illness. Finally, a clubhouse is located in the community and is a good way to explore the community by going on different types of trips. ■

CW Recipes

By Tiana Coleman

Homestyle Buttermilk Biscuits

Ingredients

- 12 Cups all-purpose flour
- 4 tbsp baking powder
- 4 tbsp sugar
- 2 pinches of salt
- 3 sticks frozen butter
- 3 cups whole milk or buttermilk

Instructions

1. Preheat oven to 425°
2. Using a box grater, grate frozen butter
3. Combine flour, baking powder, sugar, and salt in a large bowl and mix well. Set aside.
4. Combine the grated butter with flour mixture until the mixture resembles coarse crumbs.
5. Add milk, use a wooden spoon or spatula to stir until combined (don't overwork the dough).
6. Transfer your biscuit dough to a well-floured surface and use your hands to gently work the dough together. If the dough is too sticky, add flour until it is manageable.
7. Once the dough is cohesive, fold in half over itself and use your hands to gently flatten layers together. Rotate the dough 90 degrees and fold in half again, repeating this step 5-6 times but taking care not to overwork the dough.
8. Use your hands (do not use a rolling pin) to flatten the dough to 1" thick and lightly dust a 2 3/4" round biscuit cutter with flour.
9. Bake at 425° for 12 minutes or until slightly golden brown.
10. Brush top with melted butter.



Strawberry Jam

Ingredients

- 2 pounds fresh strawberries, hulled
- 4 cups white sugar
- 1/4 cup lemon juice

Instructions

1. Combine ingredients
2. Bring to boil. ■

Clubhouse Experience

A Poem By Robinson

I feel it coming on, the affliction,
I feel the return of a few symptoms,
I feel myself growing so distant,
Yet all I have is my inner christian
I drew a little much, enough to pass
over into the world of burnout
The things people would do for fame,
recognition and clout

Now I am at a point of career
self doubt
And my hope for my success of the
window, it's out
It's time to rest and relax so i could
regain stamina
I cant overwork myself like an animal
I have to rekindle the fire through love
and gratitude
Because spreading these is a serious
attitude

I hope things work out as i want them to
Maybe its true that successful artists
are a few
I am in a rush to feel better
Let this be my crying letter. ■

Communication, Intake & Data

Welcome to the Clubhouse Amina Y., Crosby C., Dan S., Delia V., Ernestine N., Jennifer K., Michael S., Nathan H., and Niya H.!

Facesheet Update Week will be February 10-14th. We will be updating members' contact information, providers, emergency contacts, and other important information for our records. You can help us out by contacting your staff worker to update your Facesheet.

Housing & Maintenance

Supportive Housing Network of New York Lobby Day. This conference will be in Albany on Monday, February 3rd, 2025.

HAM unit will be having our Tenant Support group on Wednesday, February 5, 2025 at 4pm

Just a reminder for all staff to please ensure you are making your Quarterly apartments visits.

Please join us next month for our upcoming Housing & Maintenance meeting:

- 2/3 (Mon) - NY Lobby Day - Supportive Housing
- 2/5 (Wed, 4 pm) - Tenant Support Meeting

Media

Voice Out is returning in February Thursdays at 4:00 pm in Media

The brothers Damion and Andre are coming back on Thursdays at 4:00pm. We have them for another 12 weeks that we are hoping to have a performance to showcase the talented music makers, vocalists and rappers that have contributed to the project. Come one and come all to best Voice Out session yet.

Join Media for Friday Fun all month long:

- 1st Week (Fri, 3:45 pm) - First Friday
- 2nd Week (Fri, 3:45 pm) - Film Friday
- 3rd Week (Fri, 3:45 pm) - Funky Friday
- 4th Week (Fri, 3:45 pm) - Photo Friday.

Employment & Education

Job Openings:

- Mailroom Clerk @ FedCap, \$16.50 per hour, 20 hours per week.
- Data Entry Clerk @ FedCap, \$18 per hour, 20 hours per week.
- Maintenance Tech @ JCAL
- Raising Canes: If you have food service experience please see Pat next week.

Education Opportunities:

CUNY spring 2025 semester has begun so wish all our students a good semester - we have 3 members who will be beginning school this term.

Scholarship binder now available in the E & E unit

Upcoming E&E events:

- 2/14 (Fri, 11 am) - Employment Brunch
- 2/21 (Fri, 11 am) - Education Brunch
- 2/26 (Fri, 5 pm) - Employment Support Dinner
- 3/4 - Advocacy Day in Albany @ The EGG. Bus leaves VHQ at 6 AM SHARP. See Pat for details.
- 4/1 - Neuro-Diversity Day @ UBS Arena, \$15 dollar deposit, money will be returned when you attend the event.

Last month in the E&E unit we had our usual Employment and Education Events. The Education Brunch was the highlight of this month. The brunch was well attended, and fostered a great amount of engagement from all who participated. The VHQ E&E Unit secured 3 new TE positions at the Jamaica Center for Arts and Learning! VHQ will be tasked with maintenance tasks at both of JCALs locations, these positions will be on a rotational basis, and the next opening will be in September. Congratulations to Jose M. and Isha M. on starting their new TE placements. Lastly, Janet P., Kevin R., and Antonio C. will be starting at Turn the Page Again this month. Congratulations to all 4 of them! Join us next month for our Employment Brunch & Dinner on February 14th and 26th, at 11AM and 5PM. ■

FEBRUARY

Upcoming Activities & Events

Holidays

- 2/2 (Sun) - Groundhog Day
- 2/14 (Friday) - Valentine's Day
- 2/17 (Mon) - Presidents Day

Events

- 2/3 (Mon) - NY Lobby Day - Supportive Housing
- 2/8 (Sat) - Stonybrook vs. Hofstra
- 2/9 (Sun) - Super Bowl Party
- 2/12 (Wed) - Swish at Barclays - Nets vs. 76ers
- 2/27 (Thur) - Black History Talent Showcase

Meetings & Support

- 2/5 (Wed, 4 pm) - Tenant Support Meeting
- 2/6 & 2/20 (Fri, 10 am) - Menu Planning
- 2/21 (Fri, 11 am) - Education Brunch
- 2/26 (Fri, 5 pm) - Employment Support Dinner
- 2/28 (Fri, 11 am) - Employment Brunch

Activities

- 2/1 (Sat) - Bowling
- 2/15 (Sat) - Alicia Keys Exhibit
- 2/23 (Sun) - Paley Center

Arts Programs

- **Spirit of Huntington** (Tuesdays @ 11:30 am)
- **Dance** (Weds @ 11:30 am)
- **Expression Through Music** (Weds @ 4 pm)
- **Voice Out** (Thurs @ 4 pm)

WELLNESS TOPIC OF THE MONTH: WELLNESS
SELF-MANAGEMENT
BLACK HISTORY MONTH
2/2 GROUNDHOG DAY
2/9 SUPER BOWL
2/14 VALENTINES DAY
2/17 PRESIDENTS DAY
2/26-2/28 ACCREDITATION VISIT
2/27 BLACK HISTORY MONTH TALENT SHOW

FEBRUARY

PROGRAM HOURS:
MON & FRI 8:30AM-5:00 PM
TUES-THURS 8:30AM-5:00PM
5:00PM-8:00PM
SAT & SUN 11:00AM-4:00PM

SUN

MON

TUE

WED

THU

FRI

SAT

Opening:

2/3 - 2/7 HAM

2/10 - 2/14 ADMIN

2/17 - 2/21 CID

2/24 - 2/28 CW/MEDIA



1 BOWLING

Matt & Chaunce

8 IN HOUSE & STONYBROOK VS. HOFSTRA BASKETBALL

Pat & David

15 ALICIA KEYS EXHIBIT

Jesus

22 IN HOUSE

Jehon & Roe

2 IN HOUSE

Beret & Larry

9 SUPERBOWL SUNDAY

Dan & Maggie

16 IN HOUSE

Sheann & Kelsey

23 PALEY CENTER

Fabian

3 ORIENTATION 9AM-1PM

11:30AM COCOA
BEAN PLAN
1PM BAND JAM

10 ORIENTATION 9AM-1PM

FACESHEET UPDATE WEEK

11AM OUTREACH COMMITTEE
1PM BAND JAM
2:30PM OAK STREET HEALTH FAIR

17 PRESIDENTS DAY

HAPPY Presidents DAY

Sheann & Kelsey

24 ORIENTATION 9AM-1PM

11AM OUTREACH COMMITTEE
1PM BAND JAM

4 ORIENTATION 9AM-1PM

2PM TE PLACEMENT
2:45PM COOKING WORKSHOP
4PM SPIRIT OF HUNTINGTON

Maggie & Fabian

11 ORIENTATION 9AM-1PM

FACESHEET UPDATE WEEK

2PM JOB DEVELOPMENT
2:45PM COOKING WORKSHOP
4PM SPIRIT OF HUNTINGTON

Fabian

18 ORIENTATION 9AM-1PM

2PM TE PLACEMENT
2:45PM COOKING WORKSHOP
4PM SPIRIT OF HUNTINGTON

Beret & Roe

25 ORIENTATION 9AM-1PM

2PM JOB DEVELOPMENT
2:45PM COOKING WORKSHOP
2:30PM UNITS MEETING
4PM SPIRIT OF HUNTINGTON

Jehon & Roe

5 10:30AM COMPUTER CLASS

2:30PM SOCIAL COMMITTEE
4PM EXPRESSIONS THROUGH MUSIC

Kelsey & Larry

12 FACESHEET UPDATE WEEK

10:30AM COMPUTER CLASS
2:30PM SOCIAL COMMITTEE
4PM EXPRESSIONS THROUGH MUSIC
7:30PM BROOKLYN NETS GAME

Matt & Larry

19 10:30AM COMPUTER CLASS

2:30PM SOCIAL COMMITTEE
4PM EXPRESSIONS THROUGH MUSIC

Dan & Jesus

26 ACCREDITATION ALL DAY

10:30AM COMPUTER CLASS
2:30PM SOCIAL COMMITTEE
4PM EXPRESSIONS THROUGH MUSIC
5PM EMPLOYMENT SUPPORT GROUP

Beret & Sheann

6 10AM MENU PLANNING

12:30PM ADVOCACY
3PM LITERACY WORKSHOP
4PM VOICE OUT

Chaunce & Pat

13 FACESHEET UPDATE WEEK

11AM HOUSE MEETING
2PM RECEPTION
2:30PM ADVOCACY
3PM LITERACY WORKSHOP
4:30PM VALENTINES DAY PARTY
4PM VOICE OUT

David & Matt

20 10AM MENU PLANNING

11AM CLUB ED - TBD
2:30PM ADVOCACY
3PM LITERACY WORKSHOP
4PM VOICE OUT

Dan & Maggie

27 ACCREDITATION ALL DAY

11AM HOUSE MEETING
2PM RECEPTION
2:30PM ADVOCACY
3PM LIT. WORKSHOP
4PM VOICE OUT
4:30PM BLACK HISTORY MONTH TALENT SHOW

Chaunce & Pat

7 1PM BAND JAM

3:30PM CHESS CLUB
3:45PM FILM FRIDAY

14 FACESHEET UPDATE WEEK

11AM EMPLOYMENT BRUNCH
1PM BAND JAM
3:30PM CHESS CLUB
3:45PM FUNKY FRIDAY

VALENTINES DAY

21 11AM EDUCATION BRUNCH

1PM BAND JAM
3:30PM CHESS CLUB
3:45PM PHOTO FRIDAY

28 ACCREDITATION ALL DAY

11AM ACCREDITATION FINDINGS MEETING
1PM BAND JAM
3:30PM CHESS CLUB
3:30PM FEBRUARY BIRTHDAY'S CELEBRATION

9AM MORNING MEETING ZOOM ID: 995 9345 2630
PASSWORD 11432