

VENTURE VOICE

FALL

NEWSLETTER

2024

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THE GALA
ISSUE

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Venture
House
NYC



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

Staten Island

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

Bronx

2477 Webster Avenue
Bronx, NY 10458
607-320-9510

Brooklyn

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

Imagine Awards

By Natellie Kay Philip
(October 29, 2024)

At the 4th Annual NYC Imagine Awards Venture House Clubhouse was recognized for innovation and leadership in the nonprofit sector in our community. It was held on Tuesday Oct. 29, 2024 at the Guastavino's Ballroom. We celebrated the commitment to help others in our clubhouse, our community, and society. Venture House, with 24 other nonprofit organizations, was awarded \$1,000 for being a part of an amazing community that helps others. We, at Venture House, assist people with mental conditions and challenges in their lives. We were in the Social Impact Award Category.

David Plotka (Director of VH Queens) and Faqueni Ravel (Director of VH Bronx) made a great video speech about the Venture House Clubhouse Model of psychosocial rehabilitation that encourages people who are living with mental health challenges. The members engage and get motivation in the



clubhouse; working with the staff, through housing, education, and employment. The members also gain recovery by attending various health + wellness, and social + recreational activities. These activities help to strengthen their health and social skills. The staff and members work side by side on the work-ordered day to make sure that the clubhouse is run effectively and efficiently during the day.

Even though we were there in full effect that night; we didn't win the

\$5,000 that was awarded to *The Children's Museum of Manhattan*. The NYC Imagine Awards congratulated all of the contestants because each nonprofit organization is a winner in our society, in their own way. Each organization likes to assist, inspire, and motivate individuals. Every day, we encourage each other to make better lives and have better futures for people in our community.

The loyal staff, members, and guests that attended the award ceremony were as follows: David Plotka, Faqueni Ravel, Marc Calixte, Caden Merveille, Kathleen Sanicola, Viktoriya Bernadyn, Andre Thompson, Fabian Perez, Natellie Philip, Wei Lina Wang, Carrissa Hensyl, and Vince Conte.

The NYC Imagine Awards was a spectacular event and an amazing night that showed off our greatness to others. We all had an awesome experience and spent quality time with our friends and family in the community. It was a lovely occasion to remember the "big" things that Venture House has done for the people. ■



Venture House Annual Gala 2024

By Natellie Kay Philip
(October 10, 2024)

At the 2024 Gala Event for our Venture House Clubhouse, we all celebrated Mental Health Day with our great staff, loyal members, board members, the talented “Ventura” Band, and other important people in our community. We started out the evening with the cocktail reception as the waiters served us appetizers and drinks. We all did socializing, mingling, and talking to one another about important situations.

Juliette Douglas, our Venture House CEO, welcomed us to the presentation. She made a remarkable



speech about Venture House, and how mental health is important to everyone in our community; just like any other health condition. Venture House Clubhouse as a whole assists and helps people that have mental challenges in their lives. Venture House helps to straighten and broaden VH members skills, abilities, and potential.

Faqueni Ravel, Director of VH Bronx, also made an awesome speech about Venture House and what it stands for. David Plotka, the

director of VH Queens, won (2) two of the raffles and gifts. We also had a special presentation from Eddie Maultrie, about how he overcame obstacles and succeeded in his life. His journey in life was remarkable and he made a difference in other people’s lives too. There were heart-felt speeches by Toni Coleman and her talented daughter, Tianna Coleman about their experiences at Venture House. They expressed themselves about how Venture House inspired them and how they inspired the people at Venture House too. Tianna (aka) T.T., works in the kitchen + collaborates with other staff and members on making healthy, fun, enjoyable meals and dishes. Toni assists members in the literacy workshop class on Thursdays on how to refresh your reading, writing and vocabulary + etc. skills. They are both very helpful to all of us in our clubhouse community.

Matt Ritchie took pictures and videos of the whole event at the gala. Matt does a great job with getting the group together and also assists with different tasks around the clubhouse community as a whole. There were awards that were given to our community leaders. At the gala, the dinner was great. We had a choice of steak or fish with vegetables, salad, potatoes, asparagus and rice. We also had the



silent, and live auction, and golden ticket raffle drawing. We also had live entertainment by the “Ventura” band.

The band consisted of: Dan Victor, Rashaun Beckles, Marc Calitxe, Luicien Conte, Eli Pretente, Walter Holland, and Curtis Richards, who could not make it to the event that night. Rashaun and Marc were the lead singers/rappers and Dan sang backup, leading Venture House to victory. Everyone sang, danced, and enjoyed themselves in a great way. They sang songs from Micheal Jackson, New Edition, and more. ■



Annual Gala Shines Bright with Compassion and Excellence

By Caden Merveille
(October 10, 2024)

On Thursday, October 10, World Mental Health Day, Venture House celebrated its anticipated Annual Gala at the Edison Ballroom. The evening was filled with inspiration, generosity, and recognition of outstanding individuals making a profound impact in our community. The event brought together familiar faces and new friends, united to celebrate togetherness.

At the event, we proudly honored the recipients of three distinguished Awards:

- **Community Leadership:** Assemblyman Charles D. Fall, Assistant Majority Leader, NYS Assembly
- **Leadership in Philanthropy:** ARCHIMED and The Eureka Foundation
- **Humanitarian:** Stephen Kessler, VH Board Member, Chair of VH Finance Committee.



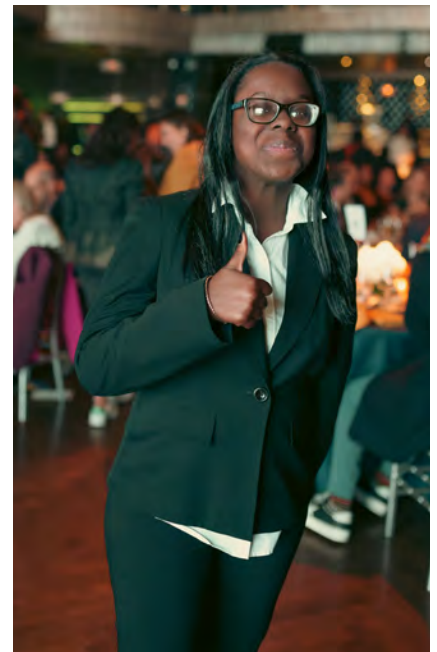
We introduced the Stories of Hope: Compassion in Motion segment featuring powerful testimonies from **Tiana Coleman, Toni Coleman** and **Eddie Moultrie**. Their stories highlighted resilience, hope and why the work members and staff do at Venture House is **so important!**



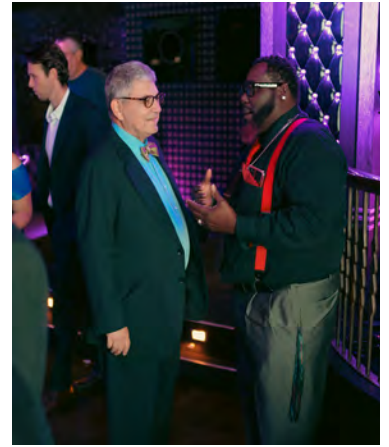
The evening was filled with excitement and entertainment. The Ventura Band got the party started, getting everyone on their feet, making it an unforgettable celebration.

A BIG THANK YOU to everyone who lent a hand in making the evening a success. We are excited for another amazing event in 2025. ■













Clubhouse Coalition Meetup

By Abdullah Ahmad

(October 28, 2024)

Venture House, along with 17 other Clubhouses in the New York ClubHouse Coalition Network met-up in Midtown Manhattan on 7 W 55th Street in the venue of Presbyterian Church at the Bonnet Hall. We took the F train along with some of our fellow Venture House members and staff: Jesus, Larry, and Roe. As we arrived in Manhattan our group walked, talked, and chit-chatted with comradery in anticipation for this communal event. We enjoyed having a switch of scenery from our casual neighborhood that we are all used to residing in, to the city life-like environment that we stepped into. As we approached the location to Presbyterian Church; we were taken aback by the beautiful vintage, Victorian-esque architecture and aesthetic design and marbling of the Church. Once we opened the main entrance door and gathered our group into the lobby of the building; we were greeted by the doorman who directed us to the 2nd floor to the Bonnet Hall venue where our

Clubhouse meetup event was being held.

As we got into the elevator and reached the 2nd floor we were welcomed by a familiar face. Janet Perisa was the official Greeter for this Clubhouse meetup event. We were so ecstatic and proud to see someone we knew personally and the status she achieved playing such an important role for a meaningful event that day.

As we came into the Bonnet Hall we were given colorful name tags where we each wrote our name on to identify and introduce ourselves to the wide variety of members and staff who joined the event from other clubhouses within our New York Coalition. We all lined up for refreshments like coffee, hot tea, hot chocolate, and water as we sat down at our Clubhouse tables. We sipped, drank, chatted, and conversed amongst ourselves and the other members and staff who attended the event. Then as things settled down, we all listened to the Host and Director of the Clubhouse Coalition Network, Cyprus Napolitano. Cyprus gave all the Clubhouses an introduction speech to this event that highlighted mental health and what it means to him personally, the community, as well as the

Mental Health population. He gave appreciation to the dedicated staff and willingful members who are out to make a positive change.

After the speech we ate some very delicious and hearty food from the Catering Hall, like pasta, sandwich wraps, French fries, mixed salad and sodas. As most of us finally finished our fresh delicious food, a presentation was shared by Venture House. It showcased images from events not only in Venture House but media that was forwarded to us by all the Clubhouses within our New York Coalition Network. Our group was so proud because the person who edited that video was our very own Matt Ritchie, a staff from Venture House Queens' Media Center. We all clapped in pride for our fellow VH cohort for the amazing job Matt had done at creatively and comprehensively depicting the beauty of Clubhouses in that video. Then it was party time!

The Bonnet Banquet Hall filled up with dance music as the DJ lifted everyone's spirits with his playlist and mix of songs. Around 2:30 pm most of us were done boogieing on the dance floor so we all collectively gathered our group and headed back home. It was a fun day overall. ■





Halloween Party

VH Halloween Costume Party
By Natellie Kay Philip &
James Sweeney

It wasn't dark, and it wasn't stormy, but on October 24th, Venture House Queens had a rockin' Halloween Party! There were amazing DJs, who knew exactly what to play to get the dance floor grooving. There were coolers with sodas, a ton of delicious food, candy, and cake.

We had a blast at the Halloween Party at Venture House with staff and members. The staff that led the amazing event was Matthew, Kelsey, Dan, James, Beret, Nichelle, Sheann, Carol and Tianna (etc.). The Halloween Party went well and was very exciting. It was nice to see everyone dancing, singing, and having a great time. Every party at VH everyone sings, dances, and raps the songs. The DJ was Alex and Dexon, they took turns playing the music. They played all kinds of music from hip hop/ r&b/ pop/ rap/ reggae/ rock, and contemporary.

The likes of music like Michael Jackson, Beyonce, Destiny's Child, N'SYNC, Blackstreet Boys, and many more.

At the awesome Halloween Party, we had an outstanding Halloween Costume Contest. We had a beautiful and talented host from our Brooklyn Venture House Clubhouse, by the name of Ms. Lisa. Lisa stated that all of us were winners and that all of us looked great in our costumes. There were (5) judges, by the name of Tara, Nijah, Brenda, Eli, and Abdullah, that called out the (3) winning contestants.

The contestants were as follows:

- 1-**Rosalia:** Ms. Dracula - Vampire girl
- 2-**Tianna (aka) TT:** Cotton Candy
- 3-**Danielle:** Storm from X - Men
- 4-**Phillip Clark:** Captain Astro Star
- 5-**Joe:** Zombie
- 6-**Josue:** The Ultimate Spider Men
- 7-**Alex:** Hip-Hop Star Rapper
- 8-**Trisha:** Beautiful Witch
- 9-**Kelsey:** Nice and Scary Skeleton
- 10-**Violet:** El Vira
- 11-**Jonnie:** Beautiful Cat Woman

Winners of the Costume Contest

The **1st** place went to Danielle White, who won for the second time in a row, (Storm from X-Men)

The **2nd** place went to Joe, (Zombie)

The **3rd** place went to Rosalia, (Ms. Dracula – Vampire Girl)

At the end of the day, the Venture House Halloween Party of 2024 was off the chain. We all had a good

time socializing, talking, eating finger foods, appetizers, and drinking drinks, soda and water. Our parties are truly an extravaganza to attend. We laugh, we joke, we have fun, but most importantly we are always together in a positive and outgoing way.

The party ran for several hours, with members and staff working together to prepare and serve food. The cleanup was not frightening at all. It went very smoothly.

Roe Elsayed said, "It was fun! There were a lot of good costumes."



Robert B. Jones described the party as "extravagant, immersive, and also FUN!"

Matt Ritchie said, "There was a lot of good food. It was a lot of work, and I enjoyed the camaraderie." ■



Voice Out is Back

by Antonio Cortes

Voice Out is a program focusing on members ability to rhyme, sing and create music. The two instructors, Andre and Damion, are brothers and professional producers. They come to Venture House to show us how to create music and we collab with members to write and rhyme or sing to make songs. Our very own Venture House songs. We usually start off by making beats from scratch. We get

the rhythms by stomping our feet and clapping. After we get the beat down we write some lyrics and we rap in a mini booth. We also freestyle before we start to get our juices flowing. Damion said when the songs are finished that he will get it produced and hopefully upload it to Spotify a music platform.

Voice Out has been coming to Venture House for a few months. They had to pause for a little bit & wouldn't show up because they were with other

famous artists. But they are back now!

Ever since they came back, I've been feeling joy and happiness. They make people feel well involved. They work with you to find your rhythm and help you get involved. If you mess up on a lyric you can always circle back and try again.

If you are here Thursdays at 4pm please come by the media and check us out. You might even get to be featured on a song. It's tons of fun. Hope to see you there. ■





David Lehmann, Founder, comes to visit Venture House

by Dan Victor (October 10, 2024)

The Founder and former CEO of Venture House recently visited the Queens location. He reminisced with members and staff. For some, it was a reunion, for others it was a chance to shake the hand of the person who paved the way for what we know of the Clubhouse community.

In a rare opportunity, we got to interview him and record some of his stories. It was enlightening to learn about how VH originated and what the social climate was like back in the 80's and occupying the YMCA before relocating to Hillside Ave. Despite being in his 80's himself, he seemed full of excitement and had a presence that resonated with everyone he spoke with.

The following is an excerpt of an email he sent after his visit:

“What a wonderful treat to have been back at Venture House. It was a great pleasure to share some of the history of what

has become a most formidable Clubhouse. It has become what I had always hoped. I'm very proud to have played my part in the early years of Venture House.

All of my Congratulations for your contributions to sustaining Venture House in such excellent form.”

With deep appreciation and affection,
David Lehmann ■





Korean Loneliness Club

By Saul Holcman

South Korea's Loneliness

Epidemic: A K-Pop Ballad of Solitude

Korea shines brighter than a thousand suns and where the streets are always buzzing with energy, one might expect the air to be thick with camaraderie. Yet, lurking behind the neon lights and catchy tunes is a growing epidemic that's anything but harmonious: loneliness. Yes, folks, South Korea is grappling with a loneliness crisis that makes even the most devoted BTS fan feel like they're on a deserted island.

Now, you may wonder, how can a country celebrated for its vibrant culture and bustling cities be drowning in a sea of solitude? The answer lies in a peculiar cocktail of high expectations, intense competition, and a digital age that, paradoxically, has left people more disconnected than ever. It's a bit like trying to take a selfie at a concert—lots of people around, yet somehow, you're still alone in the frame.

Statistics reveal that a staggering 1 in 3 South Koreans report feeling lonely, a figure that has only climbed higher than the iconic Namsan Tower. The reasons? The pressure to succeed in education and the workplace often leaves little room for socializing. In a society where being busy is the ultimate badge of honor, who has time to grab a coffee with friends when you're too busy trying to be the next big thing in your field?

Adding to this loneliness narrative is the rise of technology. While dating apps and social media provide a semblance of connection, they also create superficial bonds that evaporate faster than your favorite banchan at a Korean BBQ. It's a digital paradox—

people are more “connected” than ever, yet feelings of isolation proliferate like a bad K-drama plot twist.

And let's not forget the elderly, who often find themselves at the epicenter of this loneliness crisis. With younger generations moving away for work and the traditional family structures evolving, many seniors face days that feel longer than a winter in Seoul. It's a situation that highlights the need for communities to rally together, perhaps with a little less glitz and glamour and a bit more heart!

South Korea is slowly waking up to this pressing issue. Efforts are underway, from government initiatives to community programs aimed at fostering social connections. Who knows? Perhaps we'll see the rise of “Loneliness Therapy Cafés”, where people can bond over their shared solitude—while sipping on the finest matcha lattes, of course.

The streets pulse with life, let's. It's time for South Korea to turn up the volume on connection, ensuring that everyone can join in the chorus of companionship—because no one should have to dance solo in a room full of people. ■

10 Tips to Manage Loneliness

As a member of Venture House and having suffered mental illness since I was nineteen, I felt much loneliness trying to reach out to friends. Someone in common with the stigma and disabling effects.

1. Pet Project: Adopt a pet or “borrow” one from a friend. Nothing says “I'm not lonely” like a furry companion who thinks you're the best thing since sliced bread (or kibble).

2. Online Dating for Friends: Swipe right on friendship! Join apps or websites dedicated to platonic

connections. Who knew you could find a buddy as easily as a date?

3. Join the Circus: Okay, maybe not a literal circus, but a hobby class! Juggling, pottery, or interpretive dance—anything to meet fellow humans who also struggle with adulting.

4. Talk to Yourself: Embrace your inner philosopher! It's cheaper than therapy and way more entertaining. Who else will understand your deep thoughts about the meaning of pizza?

5. Social Media Detox: Unplug for a day. You'll either discover the joys of real-life interactions or realize that your phone has become your only friend. Either way, it's a win!

6. Become a Local Tourist:

Explore your city like a visitor! You'll meet new people at museums, parks, or quirky coffee shops. Plus, you can say you're “cultured.”

7. Start a Book Club: Or join one. Nothing bonds people like mutual confusion over a plot twist or debating which character deserves to be thrown into a volcano.

8. Volunteer: Help others and meet new folks while you're at it. Nothing beats loneliness like being surrounded by people who also want to make the world a better place (and share snacks).

9. Dance Party for One: Blast your favorite tunes and dance like nobody's watching—because they aren't! It's a great way to boost your mood and your cardiovascular health.

10. Create a ‘Friendship Bucket List’:

Write down all the fun things you want to do with friends. Then get out there and do them—who knows, you might even surprise yourself with a new bestie! ■



New Staff in CW

An Interview with Roe & Beret

How did you discover Venture House? What attracted you to apply to work here?

Roe: I used to work at a different clubhouse located in the Bronx, then discovered that Venture House was hiring so I saw it as an opportunity to better serve my community and be closer to home.

Beret: I was looking for a change of pace in my career and further my passions in mental health advocacy. I found out about the clubhouse model from a former coworker and eventually found out about Venture House. The staff and member relationships attracted me to the clubhouse, and I immediately felt like I wanted to be part of the team.

When did you start? What unit are you in?

Roe: Started September 16 and I am in the CW unit.

Beret: Started July 15 and I am in the CW unit as well.

What did you do before coming to VH?

Roe: I worked at another clubhouse as a generalist.

Beret: I worked in a city hospital as a clerical associate.

What interests you about working in Mental Health?

Roe: I was very intrigued by the work Clubhouses do. The more I worked in the field, my desire to aid the mental health community grew. I wanted to continue being a part of a program that served as a backbone to people who wanted to continue working on their recovery.

Beret: I wanted to do more to contribute to the community and further advocate for the importance of mental health as well as help those around me.

Now that you have been here, what do you like most about the clubhouse?

Roe: I like the sense of belonging. ■

Gaining Experience in Data Entry (CID)

By Michelle Alam

I really don't have much experience with computers. I can look up information on the web, send emails etc. Since I've been coming to Venture House, I've been gaining experience helping out in the CID unit doing data entry. I get the information by entering members' names.

I'm given a list by Kelsey or Fabian which tells me the names of the members that came in on the day that I'm doing. The date and the day is at the top of the page. I'm only required to do the names that are highlighted.

Basically, I type in the last name by pressing Control + F (find), then I can easily find the name of the person without having to scroll for the name, which makes it easier to look up. I then put the check mark into the box and look up the next person until I complete the list.

After that, we have to enter the time the person came in and left. I enjoy doing it because it gives me the insight to learn and understand what data entry is and how to do it. I'm getting familiar with the concept that it is just entering details. Maybe I will learn more programs like Excel and if I feel like it, I can get a little part time job. ■





New Member Profile: Zachary Rippe



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

Zach: I was referred to Venture House by my psychiatrist. I was a little hesitant at first, but the people here have been very friendly, and I'm impressed by the services offered.

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?

Zach: I grew up in Queens and the Bronx, to parents of Italian and German ancestry. I'm a private person by nature, which made me reluctant to pursue mental health support for a while. A professor of mine ultimately convinced me to reach out to somebody, and I'm very grateful for that.

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

Zach: I was attending college for screenwriting when COVID hit. The program basically imploded, and I ended up leaving school without my degree, which was a stressful experience. I'm hoping to return to school at some point and finish my education.

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

Zach: I would pick time travel, find a rich person, and offer to take them to a historic concert of their choice in exchange for a big pile of money. If there's time left afterwards, I want to see Neil Young and Pearl Jam playing at the '93 MTV Awards; I grew up around 90s and 2000s alternative, so seeing those two legends live together would be a dream.

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?

Zach: I went to Bronx Science for high school, and all the stress and lost sleep was ultimately very bad for my physical and mental health; many of the people I went there with would likely say the same. I'd probably advise myself to go somewhere closer to home, at the very least. ■

Staff Support for my Family

By Michelle Alam

I've been coming to Venture House for a few months now and really love it. I enjoy coming because it gives me something to do a few days a week and keeps me out of trouble, LOL. I always like having something constructive to do with my days since I'm not working. Venture House is sort of like work for me because I feel that I do things around the clubhouse that keeps me occupied like learning how to do data entry etc. Plus, the staff is so supportive.

I recently had a situation with my family member. I was feeling really bad and needed support, so I spoke with one of the staff about the situation and I felt so relieved after the conversation. I don't usually bring my issues or problems like that but this particular time I was in dire straits of needing some staff guidance. This particular staff person really helped me and made me feel so much better about not only the dilemma but also about myself. It's not easy sometimes having guilt or shame as a family when you know your family has done something. Not only as a parent trying to forget about yourself, but when it is eating away inside talking about it, getting feedback will lighten up the weight and burden. And this staff person has done just that for me.

Coming to Venture House each week is not only fun, but it is also one of the greatest supports I've ever had from a Clubhouse in a really really long long time. Thank you, Venture House, for having such a loving caring staff who actually cares about the members and listens to them and embraces their concerns and them as humans. I love you all. ■

Clubhouse Experience

A Poem By Robinson

I live life like an everyday person
No need to champion
Go hard or home
Well I'd rather go moderate
And feel at home.

I try to honor the people who I love
The everyday people
Pushing being a gift from above
The smiles, the lights
The breakfast, in which I delight
I rise to a morning exercise.

Laughter, giggling
Simplicity no riddles, and
Work order day,
clubhouse energy is rare,
From beautiful members,
To staff who cares.

Broomstick to the backyard,
Cigarette butts,
Love largely surrounds
I can feel it in my gut.

I holler at Dan,
because he brightens my day,
And I holler at Matt
for the poetry I say.

Media unit, just another day
Investing in dollars
With the art i portray.

'How's it going' I've learned to ask,
More of what's inside underneath the mask.
It's a great resource, I've overlooked past
But I am now trying to seize the opportunity fast

I love Venture House for reasons
Been here for like 3 seasons
And we care about your wellness when you come here
Mental health is a great health not to be underestimated

Consider this a safe haven
I am done ranting and raving. ■



"Danny R." portrait of member by Robinson L.



"Nijah P." portrait of member by Robinson L.



WHAT I AM THANKFUL FOR

Written by Michelle Alam

In the spirit of giving season, these are several things that I'm especially thankful for this year.

1. This will be my first Thanksgiving as a disciple of Jesus and met some of the best people that I have ever known. Everyone from the New York City Church of Christ that I have met thus far is beyond wonderful and I love each one of them with all my heart and soul. I'm so blessed and thankful that I decided to give my life to Jesus, it was the best decision and gift I could have given to myself.

2. My son moved into a housing residence and is getting the proper help that he needs FINALLY! And for this I'm beyond grateful.

3. I joined one of the most AWESOME CLUBHOUSES, which I had never visited before, but now I am a member for the long hall. YEAH!!! VENTURE HOUSE. So thankful and grateful for everyone, staff and members. I even met a special friend here. They know who they are and for that I'm blessed and thankful in so many ways.

4. I'm also thankful for my friend Celeste who is one of the nicest people I have ever known. I met her through another friend. She loves me so much and I love her. We see each other once a week, sometimes on the weekends. She is a positive person in my life, and always says wonderful things to me which makes me feel so happy. She really enjoys being with me.

5. And let's not forget the biggest thing to be thankful for is that I made a milestone birthday the BIG 60. Four months in and I'm doing well. I still use my motto getting younger is never easy but since I gave my life to Jesus, I'm so thankful, grateful and blessed beyond measure for the first time in my life and it has empowered me to become the person that I am today. ■



“Roe” portrait of staff member by Robinson L.



“Patrick” portrait of staff member by Robinson L.

Communication, Intake & Data

We have 15 new members joining us this month.

Please welcome Chantal A., Corinne C., Eric F., Frankie W., Jason W., Javonny M., Katrina H., Kristen L., Mario D., Mutatiu S., Sandra S., Sergio P., Shafen M., William W., and Zachary R.!

Please note that our new member brunch will be held on Wed, 12/4 due to Thanksgiving.

Housing & Maintenance

Our Huddles continue to thrive! We are having active unit huddles daily in which we socialize and build our teamwork through engaging unit huddles that emphasize camaraderie and working together. Some of our projects going on this month are overhauling our reach out binders as well as improving our reach out system to make doing the task more accessible to the community. We are looking to train more members in our weekly rent collection projects. We are also looking for folks to participate in our Housing supply inventory project that occurs twice a month.

In the month of October, we had very active unit participation through our morning and afternoon huddles. We continue to motivate each other during the work ordered day to complete tasks as a team.

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

- **12/4** (Wed, 5 pm) - Tenant Support Meeting

Culinary Wellness

Spirit week was a huge success. We had huge support from each unit. The food was amazing Everyone loved try different foods. We had a steak sandwich with some delicious peri peri fries. The next day we had a lamb stir-fry, a coconut drink, and a banana cake with whipped cream. The day after we had a meal from Argentina, consisting of a grilled chicken breast over rice and a chimichurri sauce. We also had some amazing empanadas to go along with it. On Thursday we had a meal from Bangladesh. This by far was my favorite meal of the week; Chicken Biryani. A chicken dish with Indian spices and rice. To finish off the week with a bang, we had Dominican maduro bowl with mashed sweet plantains, chicken and Pico de Gallo. Overall

Spirit Week was amazing. The next thing to look for is Thanksgiving. Make sure you check in with any staff to secure your spot to secure a reservation time. In December we will be having a winter talent showcase. If you are interested in participating please see Tiana or anyone in the CW.

Employment & Education

Job Openings:

- **Raising Cane's:** Jamaica location is hiring Nov. 11th.
- **Target:** New Hyde Park is currently hiring seasonally.
- **Jib Lanes:** is hiring for a Snack Attendant.

Education Opportunity:

- **CUNY** Fall 2025 Applications open until Feb. 1st.

Last month in the E&E unit we had amazing employment events in which we spoke about the highs and lows of being employed during the support group. It was a huge success and we continue to be a hub for support and expertise. In addition, our education board was updated to reflect our members who are currently in school. We are so proud of their hard work and will continue to do all we can to encourage them- anyone who is interested in furthering their education! The employment board is up next so if you are working and would like to be recognized please give your name and workplace to any staff in the unit.

Please join us next month for our upcoming E&E events:

- **12/20** (Fri, 11 am) - Employment Brunch
- **12/27** (Fri, 11 am) - Education Brunch

Media

The Creative Magazine production is accepting submission until Friday, November 8th. Please see Matt or Dan if you are interested in adding your talent.

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

DECEMBER

Upcoming Activities & Events

Holidays

- 12/8 (Mon) - Constitution Day
- 12/25 (Sat) - Christmas Day
- 12/25 to 1/2 - Hanukkah
- 12/26 to 1/1 - Kwanza
- 12/31 (Fri) - New Years Eve

Events

- 12/6 (Fri) - Raising Canes Food Drop
- 12/11 (Wed) - Winter Talent Show
- 12/17 (Tues) - Tree Trimming
- 12/19 (Thu) - Holiday Luncheon

Meetings & Support

- 12/14 (Thu, 2 - 5 pm) - MFJ Law Clinic
- 12/20 (Fri, 11 am) - Employment Brunch
- 12/27 (Fri, 11 am) - Education Brunch

Activities

- 12/7 (Sat) - Bowling
- 12/8 (Sun) - Farmers Market
- 12/14 (Sun) - Thrift Store
- 12/21 (Sat) - Nutcracker
- 12/28 (Sat) - American Museum

Arts Programs

- **Spirit of Huntington** (Tues - 12/3 & 12/10 @ 4 pm)
- **Dance** (Weds - 12/4 & 12/11 @ 11:30 am)
- **Expression Through Music** (Weds @ 4 pm)
- **Voice Out** (Thurs - 12/5 & 12/10 @ 4 pm)

WELLNESS TOPIC OF THE MONTH: CO-OCCURRING DISORDERS
NATIONAL MONTH OF GIVING
WORLD AIDS/HIV AWARENESS MONTH
 11/21 WINTER SOLSTICE
 11/24 CHRISTMAS EVE
 11/25 CHRISTMAS
 HANUKKAH 12/25 - 1/2
 KWANZAA 12/26 - 1/1



December

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
1 IN HOUSE  Beret & David	2 CYBER MONDAY 11:00 OUTREACH COMMITTEE 1:00 BAND JAM	3 MOVIE NIGHT 2:00 JOB DEVELOPMENT 3:00 CARD MAKING WORKSHOP 2:45 COOKING WORKSHOP 4:00 FINE ARTS (SOP) MOVIE NIGHT Maggie & Carolyn	4 10:30 COMPUTER CLASS 1:00 NEW MEMBER BRUNCH 11:30 DANCE 2:30 SOCIAL COMMITTEE 4:00 EXP THROUGH MUSIC Larry & Pat	5 11:00 HOUSE MEETING ADMIN 2:00 RECEPTION 2:30 ADVOCACY 3:00 LITERACY WORKSHOP 4:00 VOICE OUT Jehon & Roe	6 RAISING CANES FOOD DROP (FREE LUNCH) 1:00 BAND JAM 3:30 CHESS CLUB 3:45 FIRST FRIDAY	7 BOWLING  Larry
8 FARMERS MARKET  Jehon	9 ORIENTATION 9:00-1:00 11:30 COCOA BEAN PLAN 1:00 BAND JAM 2:30 OAK STREET HEALTH FAIR	10 ORIENTATION 9:00-1:00 2:00 TE PLACEMENT 3:00 CARD MAKING WORKSHOP 2:45 COOKING WORKSHOP 4:00 ARTS (SOP) Sheann & Chaunce	11 10:30 COMPUTER CLASS 2:30 SOCIAL COMMITTEE WINTER TALENT SHOW @ 4 PM David & Dan	12 10:00 MENU PLANNING 2:00 RECEPTION 2:30 ADVOCACY 3:00 LITERACY WORKSHOP 4:00 VOICE OUT Chaunce & Matt	13 1:00 BAND JAM 3:30 CHESS CLUB 3:45 FILM FRIDAY	14 THRIFT STORE  Maggie
15 IN HOUSE  Pat & Sheann	16 ORIENTATION 9:00-1:00 11:00 OUTREACH COMMITTEE 1:00 BAND JAM	17 ORIENTATION 9:00-1:00 2:00 JOB DEVELOPMENT 2:45 COOKING WORKSHOP 3:00 CARD MAKING WORKSHOP 3:00 VH UNITS MEETING 3:30-4:30 VH'SI FOOD PANTRY TREE TRIMMING Matt & Sheann	18 10:30 COMPUTER CLASS 2:30 SOCIAL COMMITTEE 4:00 EXP THROUGH MUSIC 5:00 EMPLOYMENT SUPPORT GROUP Larry & Beret	19 VH LUNCHEON  Dan & Kelsey	20 11:00 EMPLOYMENT BRUNCH 1:00 BAND JAM 3:30 CHESS CLUB 3:45 FUNKY FRIDAY	21 NUTCRACKER  Kelsey
22 IN HOUSE  Roe & Matt	23 11:30 COCOA BEAN PLAN 1:00 BAND JAM	24 Christmas Eve CLUBHOUSE CLOSING AT 3 PM	25 CHRISTMAS  HANUKKAH Jehon & Roe	26 KWANZAA 2:00 RECEPTION 2:30 ADVOCACY Beret & Jesus	27 11:00 EDUCATION BRUNCH 1:00 BAND JAM 3:30 CHESS CLUB 3:45 PHOTO FRIDAY BIRTHDAY CELEB	28 AMERICAN MUSEUM  Jesus
29 IN HOUSE  Fabian & Roe	30 11:00 OUTREACH COMMITTEE 1:00 BAND JAM	31 NEW YEAR'S EVE CLUBHOUSE CLOSING AT 3 PM	<div style="display: flex; justify-content: space-between;"> <div> ADVOCACY: 923 3299 1351 E&E GATHERINGS: 937 4146 3989 JOB DEVELOPMENT: 945 9418 4371 E&E HUDDLE: 954 4428 9813 CID HUDDLE: 986 3053 2519 CW HUDDLE: 943 2324 0573 </div> <div> HAM HUDDLE: 992 9163 7951 MORNING MEETING: 995 9345 2630 CLUB ED: 977 9904 2862 HOUSE MTG: 927 8042 1930 SOCIAL COMMITTEE: 985 8625 3337 </div> </div>			

Opening:
 12/2 - 12/6 ADMIN
 12/9 - 12/13 CID
 12/16 - 12/20 CW/MEDIA
 12/23 - 12/27 E&E
 12/30 - 12/31 HAM