

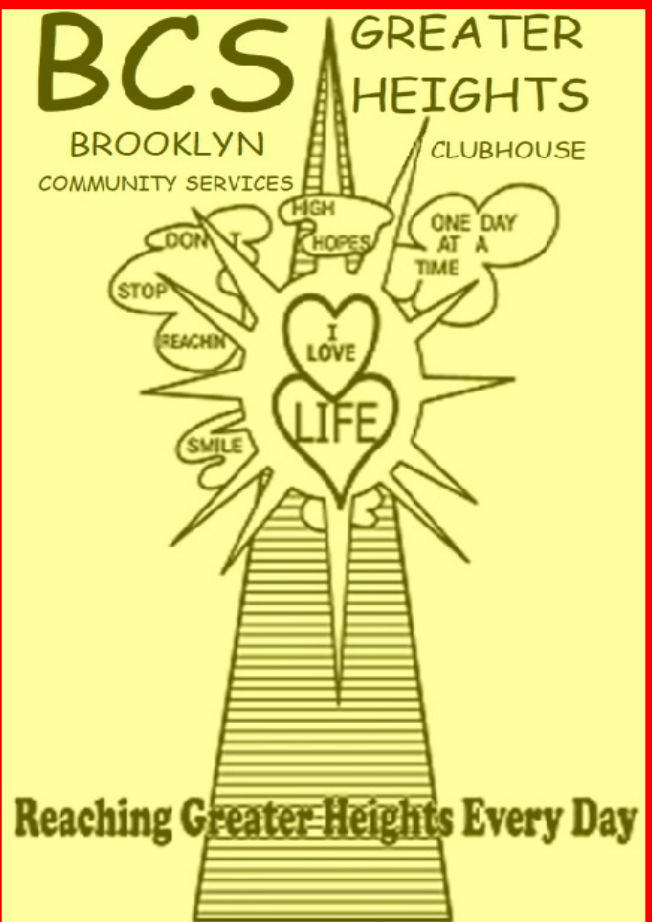
Brooklyn  
Community  
Services

# Newsletter Edition #1 of 2024 January 25, 2024



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# The Month of January

January is the first month of the year and has 31 days.

This January 1, 2024 began here in New York City with the annual midnight dropping of the New Year's Ball in Times Square. They say New Year's Day represents for many a sense of new beginnings and new hopes. Some people make resolutions for the New Year and attempt to implement a variety of different improvements in their lives. Interestingly, the first immigrants landed on Ellis Island on January 1, 1892

**Monday January 15th** is Martin Luther King Jr. Day. This occurs annually on the third Monday in January and celebrates the achievements and life of Dr. Martin Luther King Jr. His impact on our society is relevant to us today and his life stands as a shining example for the importance of the pursuit of justice, peace and equal rights for all. It has been almost fifty-five years since Dr. King's tragic assassination but his life and his work still stand to inspire us daily.

## **Also January is:**

National Book Month

National Thank You Month

National Eye Care Month

National Volunteer Blood Donor Month

National Soup Month

## **Symbols of January:**

Birthstone: Garnet

Flower: Carnation

**Zodiac signs:** Capricorn and Aquarius

**History:** January was named after the Roman god Janus. Janus is also the Roman word for door. The god Janus had two faces which allowed him to look forwards into the coming year and backwards into the past year.

# Clubhouse Rally At City Hall Park

## by Calvin Franklin

*Editor's note: Kudos to the eleven Greater Heights Members who attended the rally. Our former Clubhouse Staff and current Top Clubhouse Program Director Monica Rahman was instrumental in organizing the rally and spoke out while there. Council Person Linda Lee, the Mental Health Chair, plus 7 other City Council members (Kevin Riley, Lynn Schulman, Gale Brewer, Eric Dinowitz, Alexa Aviles, Lincoln Restler and our own Sandy Nurse) spoke as well. Greater Heights Clubhouse Members Adam Fullan & Ross Wade both spoke at the rally and were very articulate.*



On January 3<sup>rd</sup>, 2024 a number of Greater Heights Clubhouse Members travelled with me on the J train to go to City Hall Park to attend the rally to Save New York City Clubhouses. At the rally, we heard a number of people speak. Some of the people who spoke were Clubhouse Members, others were City Council Members and a few others spoke as well. The speeches were really great.

Our Member Ross Wade spoke there and did a really terrific job. We took some pictures at the rally and it was also covered on TV by WPIX 11 news. Later on we got to see some of us on the TV. There were other news people at the rally too.

I also enjoy talking to my friends on the train coming and going from the rally. I think the rally was very important and I hope that the message was received by the Mayor, that we all want our Clubhouses to remain open.

Thanks to  
The 11  
Greater  
Heights  
Clubhouse  
Members  
who  
attended  
the rally:  
Luther,  
Isabella,  
Calvin,  
Clifton,  
Timothy,  
Sal, Doris,  
Robbie,  
Ronnell,  
Ross,  
Adam



# The CHAMP Program by Leon Sims

*Editors note: The CHAMP program recently filled the space at 980 Halsey Street, in our Clubhouse, that was previously occupied by the NYC Mural Arts Project. Our top interviewer Leon Sims had a chance to sit down with the CHAMP Team Leader Roy Clement to discuss the Program's mission and purpose.*



*Pictured here:  
The CHAMP  
team at the  
Greater  
Heights 28th  
Anniversary  
Party.*

**Leon:** What does the acronym C.H.A.M.P stand for?

**Roy:** It stands for **C**ommunity **H**ealth **A**nd **M**indfulness **P**rogram

**Leon:** What's the main purpose of C.H.A.M.P?

**Roy:** To provide mental health and wellness services to youths between the age of 18-26 in the Brooklyn area.

**Leon:** What do you like about your job?

**Roy:** Our amazing team and we get to provide services to our Brooklyn community.

**Leon:** When did C.H.A.M.P. start?

**Roy:** We have been open for around a year now.

**Leon:** Are there any other locations?

**Roy:** Yes, our main office is in Canarsie at 1310 Rockaway Pkwy and we have a satellite office here at Greater Heights Clubhouse and different sites in the community.

**Leon:** What insight can you share about mental health?

**Roy:** Everyone suffers from some level of mental health ranging from serious diagnosis to everyday anxiety. The key is to have a good support system when needed.

**Leon:** What advice can you give someone with suicidal ideation?

**Roy:** Well I have a two part advice. The first part is things are never as bad as we think it is and we're never alone. The second part is we need to know what door to knock on when we need help.

# Martin Luther King Jr. by Juanita Mills



*Pictured here: Juanita Mills on the left and her mother Flossie Mills on the right*

I remember when I was a little girl, my mother had this picture of Martin Luther King. I kept looking at the picture and I asked my mother, what has that man done for us? My mother said you will not understand this fully yet, but know that he did a lot for people. Through my mother's eyes, I got a fascinating look into the mind of one of our nation's great heroes.

I first saw Martin Luther King Jr. from a distance. He was on T.V. speaking in front of the Lincoln Memorial. He was the concluding speaker at the 1963 March on Washington for Jobs and Freedom.

I want you to know that if M. L. King had never been born this movement, would not have taken place. You know there comes a time when time itself is ready for change. That time had come in Montgomery, Alabama back in December of 1955, when sparked by the arrest of Rosa Parks, M.L. King organized the Montgomery bus boycott. Although I had nothing to do with it myself, what he did and his life's work impacted me greatly.

# The Art Challenge Miguel and John



John Copeland

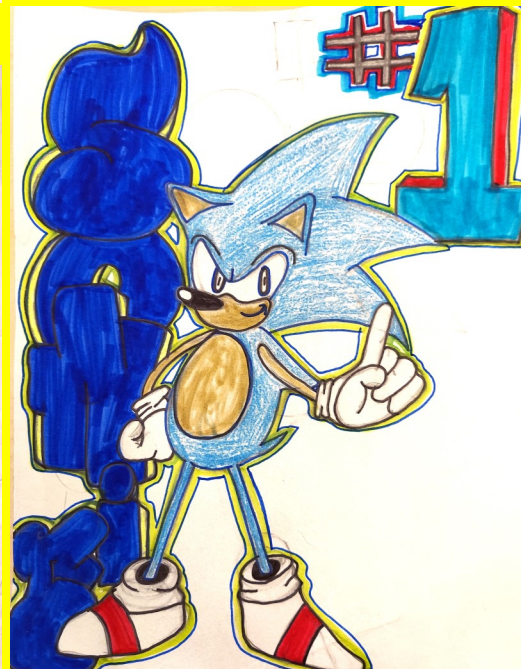
KPC Friends Miguel Cordero & John Copeland had a friendly art challenge and created these works for the Newsletter. Their mutual talents inspired each other to produce these beautiful pieces.



John Copeland



Miguel Cordero



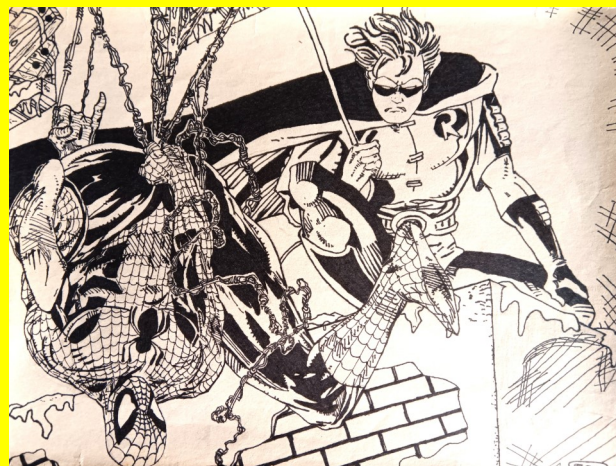
John Copeland



Miguel Cordero



John Copeland



Miguel Cordero



Miguel Cordero

# Why the Clubhouse should be open on Holidays by Leon Sims



On Monday January 15<sup>th</sup> the country celebrated MLK day. It's worth noting that the Clubhouse wasn't open on that day due to the current policy around holidays. Personally, I am not sure if this is the best policy. There are many members who may not have family or friends to spend time with on holidays. The Clubhouse is closed on holidays and some of us have no place to go to.

If we kept the Clubhouse open on holidays, I believe it would be beneficial to certain members. This Clubhouse is like a family, and many people want to come join celebrations in the Clubhouse during holidays. Could you imagine having no support on the outside and nobody to spend holidays with? It places our Members into depression at times.

Greater Heights gives people a peace of mind, support, and a place to feel supported, appreciated, and thankful. Who wouldn't want to enjoy fun times with both Staff and Members in a warm and safe place over the winter, and enjoy great food with each other. This Clubhouse brings joy to our Members and Staff, that's why it should be open on Holidays.

# **Member of the Month**

## **Eugene Thompson**



**For well over thirteen years Eugene Thompson has been a Member of the Greater Heights/East New York Clubhouse. Eugene has always been well liked in our community. He has a great sense of humor, is extremely kind and cares greatly about others. Eugene is a very good worker, but at times doubts his own abilities. Recently though, we have seen a real uptick in Eugene's work at the Clubhouse. He has been very helpful regularly running the Snack Bar, doing reception and supporting the Community with a wide variety of different tasks. Eugene brings an excellence to his work and a sense of responsibility and caring to the things he does here. It is fair to say that Eugene is a very spiritual person and he exudes an aura of kindness and compassion to his work that is commendable. For these reasons and much more, Eugene Thompson is our Member of the Month for January 2024.**



## **Living an inspiring Life at the Clubhouse** **Brief reflections of a leader by Katrina Grant**



**Daily I am reminded of why I Love what I do, and this is due to the many inspirational people around me.**

**You all Inspire Me...**

**Clubhouses such as Greater Heights demonstrate the strength we have when working together. With the support of our Division Director Rose Sauls, strong Advisory Board team and amazing Members we made a great impression on our Accreditation team from Clubhouse International. During their Accreditation visit we demonstrated how effective Greater Heights Clubhouse truly is in providing supports for our Members to reach the greatest heights of their life goals.**

**Due to all of this great work we received, for the 1<sup>st</sup> time ever for us, a non-conditional three-year Accreditation Status.**

**I am truly grateful for all the Members, Staff and community support that helped make this endeavor possible. You Inspire me!!**

**With the future of Clubhouses being uncertain at this time, it is very moving that the voices of our Clubhouse Members have risen up vocally, in print media, in meetings, and at rallies. Our community here is letting the world know how important the BCS Greater Heights Clubhouse, as well as the whole NY City Clubhouse movement, is to their overall wellness.**

**Job well done!**

# Healthy/Unhealthy Relationships while being an inpatient member by Leon Sims



I have had many experiences over these last ten years of being in the inpatient hospital system. Relationships have definitely been a part of my treatment, but not all relationships are healthy. Toxic relationships are detrimental to our treatment. It may also be a trigger which may lead to stress, drugs and health issues. Relationships aren't only a bond of two people who have an intimate relationship, it may also consist of family, friends, co-workers, classmates, and more. Toxic relationships may affect our focus and distract us in negative ways. As a patient in a hospital, I have had many different relationships with people on the outside. Some were toxic and I had to move past those bonds.

Not all relationships are toxic. I have found the love of my life, the friends who care about my well-being and family who want me to prosper and succeed in life. They all contribute to my happiness and form a positive distraction from stress. It's a big plus to have people who stick by your side no matter what situation you are in. Many people thought I wouldn't find true love on the outside, but I proved that theory wrong. I now have the most beautiful girlfriend who has beauty on the inside and outside. My parents have always been there for me, and so have my close family and friends. All of my healthy relationships are bonds that I use to cope with stress. When they motivate me and accept me at my worst, it makes me feel special.

Over the past decade I eliminated toxic relationships and/or stay away from negative influences. I know who is in my corner and I'm blessed. Even with a mental illness I still have people who have my best interest at heart. In the past people would tell me I was not capable of having healthy relationships outside of the facility. For me, this is just not the case. A wise man once told me....  
"Disability is not inability."

# **Why Not Having Romantic Relationships** **While Inpatient is Important For Me** **by Tineka Johnson**



While a person is inpatient at a psychiatric facility it is the best time for that patient to be “selfish” and “self-centered,” thinking mainly about their recovery, and managing their illness. As a patient, you are still getting re-acclimated to the new you, experiencing the full extent of your emotions, and trying to figure out the next steps to take. Building a relationship with the new you is very important and you should take some time to get to know this person and what he or she is passionate about.

For me, the problem with pursuing relationships at this time is that the relationship will end up taking more and more of my time and focus. In other words, a romantic relationship takes the focus from the things that should actually be top priorities while you’re still in the hospital. To pursue a romantic relationship, while inpatient would require one to stretch themselves pretty thin, putting additional stress on them and this could end up in a relapse. Doing so, while experiencing emotional highs and low of a diagnosis complicates an already difficult process. Taking time to learn what healthy boundaries are and how to implement them, can take away from those complications that already exist.

If an argument were to pursue with a significant other it can be a major source of stress, which, in turn, will cause feelings to be hurt, and can trigger relapse as well. We all enjoy companionship, but the pursuit of a romantic partner should never be more important than one’s own health so try to find out who you are now.

To me, this is one of the first steps to making sure that I can partner with another person and create a kind of healthy relationship that I know I deserve; one based on shared interests, values, and understanding. They say, “You must love yourself before you can love someone else.” and I know that it is already difficult to build self-love while inpatient based on my own experience with negative self-talk and esteem issues.

I think that you should give yourself a grace period and be patient because you deserve to focus on yourself at this time. The time you spend dating and building a relationship with someone while you are inpatient, is basically time that you could be, but aren’t, in your own recovery.

# Getting Back to Work with Rifat Markisic by Timothy Dabriel



**Timothy:** Can you tell us about what kind of work that you do?

**Rifat:** I work in construction.

**Timothy:** What do you like about that kind of work?

**Rifat:** I am a tiler and I like that type of work especially.

**Timothy:** I hear that you are working on getting your work permit. How is that going?

**Rifat:** I am starting the process and need the right information to get the work permit.

**Timothy:** Once you start working again what do you hope to do with the extra income you make?

**Rifat:** I would like money to buy a TV and eventually a house. With money you can buy and sell things.

**Timothy:** What do you like best about working?

**Rifat:** The thing I like best is Tile design.

**Timothy:** Do you have any hopes and dreams for the future?

**Rifat:** Yes, I want to be a manager.

# Eugene Thompson – Man of the World



by Miguel Cordero

Eugene Thompson is a long-time Member of our Clubhouse, has lived a very interesting life and is extremely well travelled. He has travelled to eight different countries and lived in five countries at one time or another. All of the countries were within the Western Hemisphere. Eugene has been in countries in the Caribbean, in South America, and in North America.

Eugene was born in Belize in 1969. When he was 16, he went from Belize to Grenada, where he spent five years there, on what was his first missionary trip. From Grenada he travelled to Venezuela, where he spent one and a half months doing some more missionary work. Later on Eugene went to Pennsylvania from Grenada and had to make a stop at Antigua, because he had the wrong type of Visa. He stayed two weeks in Pennsylvania. Afterwards, he travelled to Colorado for missionary purposes. Eugene then returned to Grenada, and shortly after that he went to Barbados before going back to Grenada. He met a young student named Junie in Grenada and a year and a half later they were married. In the Commonwealth of Dominica, he met his in-laws and stayed there for two and a half months. He returned to the states and lived in Texas for one year. He then moved to Montana, for one year, in preparation to go to Bible College. He attended Bible College at Prairie Bible College in Alberta, Canada and lived there for five years. While there, he got his degree in Ministry and earned his teaching diploma. Finally, he went back to the United States and arrived in the “Big Apple” New York City, where he has lived and still lives to this day for the last twenty-three years.

Eugene can speak English, Belizean/Creole and a little Spanish. From all of these places he has been, one has a special place in his heart. This place is Alberta, Canada. The reason for this is that, he has great memories of his experience there and more importantly his two children were born there. Today, in addition to his two children, Eugene also has two-granddaughters. His international experience has impacted his life greatly by giving him a sensitivity towards the value of other cultures.

# Clubhouse Birthdays



## January Birthdays

Akter 1/1

John O. 1/1

Kevin 1/2

Oscar 1/8

Elvin 1/15

Steven W. 1/15

John S. 1/29

Joy 1/30

## February Birthdays

Helen 2/1

Annabelle 2/9

Derrick 2/12

Francisco 2/12

Ronald 2/14

Jonathan T. 2/17

Antonio 2/19

Donisha 2/19

Jean-Carlos 2/26



## Getting to know Our New Member Shreece Bartholomew with Robbie Heier



**Robbie:** How did you first find out about the Clubhouse?

**Shreece:** I first found out about the Greater Heights Clubhouse from Susan Lee.

**Robbie:** How long have you been coming here?

**Shreece:** I started here in December and have a goal to come in one or two times a week.

**Robbie:** How has your experience here been so far?

**Shreece:** It has been great. Talking to different people, making new friends. Also helping in the kitchen, cooking and using different recipes.

**Robbie:** What are some of your interests or hobbies?

**Shreece:** I like chocolate and I like to read religious fantasy books. I also enjoy reading comic books as well.

**Robbie:** Do you have any hopes and dreams for the future?

**Shreece:** My goal is to go back to work, part time, perhaps 3 to 4 times a week. I want to help my mom with her tasks. I also want to help taking care of other people as well. I would like to become a Health Care caregiver.

**Robbie:** Is there anything else you would like to share about yourself?

**Shreece:** Yes, I am a very spiritual person and I love going to church. Also, I really love to travel, especially to the Caribbean.

# Getting to know Our New Member Timothy Dabriel by Miguel Cordero



**Miguel:** How did you first find out about the Clubhouse?

**Timothy:** A fellow peer Clifton Thomas told me about the Greater Heights Clubhouse.

**Miguel:** How long have you been coming here?

**Timothy:** I have been coming here since September 2023.

**Miguel:** How has your experience here been so far?

**Timothy:** My experience has been excellent. I have two friends here, Clifton and Lavelle. I also get along very well with everyone else.

**Miguel:** What are some of your interests or hobbies?

**Timothy:** My interests and hobbies are basketball, listening to music and going to the movies.

**Miguel:** Do you have any hopes and dreams for the future?

**Timothy:** I hope one day I can get an apartment, a job and a girlfriend as well.

**Miguel:** Is there anything else you would like to share about yourself?

**Timothy:** Yes, I have seen all the episodes of the Majin Buu Saga of Dragon Ball Z.



# Getting to know Our New Member Nicholas Reynold by Mike McBean



**Mike:** How did you first find out about the Clubhouse?

**Nicholas:** My provider found it for me. I was initially at a clubhouse on Utica Avenue which was much smaller and I didn't like it.

**Mike:** How long have you been coming here?

**Nicholas:** I have been coming for a few weeks now.

**Mike:** How has your experience here been so far?

**Nicholas:** There is nothing wrong with this clubhouse. It is manageable and there are nice people. I am still optimistic for the future and hopeful.

**Mike:** What are some of your interests or hobbies?

**Nicholas:** I like Construction, photography, cooking and music. I also play the saxophone.

**Mike:** Do you have any hopes and dreams for the future?

**Nicholas:** Finish my education, getting courses on a trade. Staying out of the service (army) which I was in for three years.

**Mike:** Is there anything else you would like to share about yourself?

**Nicholas:** I am from Haiti, I speak French, Creole. I can also teach these languages. I have been in America since 1976.

# Morbid by Mike McBean



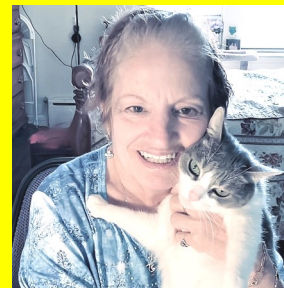
The same person to make you smile  
Can be the one to bring you pain  
So be careful where you put your trust  
And where your heart lays  
I love you turns to I'm sorry  
And everything you thought you knew  
All goes down the drain  
Not because it was true but because  
It was all said in vain  
Don't let mere words  
Lead to your heartache  
Energy is subjective  
But actions don't lie  
So you may be confused to what you're feeling  
And what you feel isn't always right  
Just beware in the back of your mind  
The same person to make you smile  
Can bring pain to your life

# Trump vs Biden *by Robbie Heier*

Mr. Trump said in a speech that Joe Biden, our President, is the worst president ever. Really????

President Biden is guilty of:

1. Lowering the Cost of Families' every day expenses.
2. More people working right now than at any point in history.
3. Making more products in America.
4. Rescuing the Economy and changing the course of the Pandemic.
5. The rebuilding of our infrastructure.
6. A historic expansion of benefits and services for Toxic Exposed Veterans.
7. The first meaningful gun-violence reduction legislation in 30 years.
8. Protecting Marriage for LGBTQI and Interracial couples.
9. Delivering on the most aggressive Climate and Environmental justice agenda in American history.



Oh yeah, he signed legislation to reauthorize the Violence against Women act! Yes, many of these accomplishments needed bi-partisan support, but, it was mostly the Democrats who helped get this done.

Now what Mr. Trump's Presidency may best be remembered for are:

1. His 91 felony accounts and 4 different indictments
2. The insurrection on January 6th.
3. Adding 3 Trillion to our national debt.

Now to be fair Trump did sign bi-partisan bills like the Spokane Reservation Equitable Compensation Act, which did compensate the Native Americans for the loss of their land. The chairwoman of the Spokane Tribal Business Council gives credit to members of Congress. Two members in particular, Senator Maria Cantrell, a Democrat and Representative Cathy McMorris-Rogers, a Republican.

Trump also signed other bills, that righted the wrongs done to the Native Americans, but you need to know that they were all done with bi-partisan support. That is Democrats and Republicans working together! It can be done! But the "MAGA" Republicans of today will not work with Democrats and so nothing gets done.

All that's said and done. All the truly great bills that Trump signed into law were enacted with bi-partisan support.

What he said he would do in a second term, was to retaliate against his opposition and to be a "dictator" only on day one" or so he says. If Mr. Trump gets back in, Democracy as we know it will be gone and along with it our strong relationships with our allies. He would side with Mr. Putin of Russia.

Please listen to what he says, because it is vital that the people hear it from the horse's mouth!

# The Greater Heights Clubhouse

## My Second Home by Juanita Mills



I want to talk about the Greater Heights Clubhouse. My second home! When I came to the clubhouse I did not know what to do, but I came with my friend, Delisa, and she walked me around and told me everything that I could do there. Then I came in for myself to see how it was. So, I started coming in by myself.

When I got there, the Staff opened up to me and made me feel at home. I can talk to them about anything and it makes me feel better. I love going there and helping out; like, I love washing the dishes, cleaning the tables, cleaning the banister, sweeping the stairs and wiping tables. I really love talking with the Staff. They make my day and I am very happy about that.

Since I have been here I have not had a problem with anyone. When someone tells me what to do, I just go ahead and do it. I do not talk back, because I am trying to learn something. So when I go home, I am just waiting for tomorrow to come because I know what I have to do.

If I have a problem with something that I do not understand, I can go and talk to one of the Staff and they can make me feel better. I can't give you all of their names, but when I see them I can go and talk to them.

There was one Staff person who I had trouble remembering her name; but, I told her to give me time and that I would get it. She told me, okay, I understand. She did not get mad at me for calling her the wrong name, because I was trying and when I got it right, I was happy and it made me feel better. By the Way her name is Aubrey, but for a while I was calling her by the wrong name. She kept looking at me, like ... this lady doesn't get my name right, I'm not going to keep telling her my name! However, now I have her name straight and I am glad.

I love the way they cook food here and we have parties and we have meetings to get to know each other. We have lots of fun. So if I need help with getting a job done, I know I can come to one of the Staff for them to help me out, so that I can get the job done with the help that I need.



**Versus**

**SUPER BOWL 58 PARTY**

**At the Clubhouse**

**Sunday February 11th 2024**

**5:00 PM to 10:30 PM**

# The Alliance for Rights and Recovery Visit GHCH



*Pictured from left to right: Clubhouse Staff Sandra Jacobs, Alliance for Rights and Recovery CEO Harvey Rosenthal, Alliance for Rights and Recovery Public Policy Director Luke Sikinyi, Clubhouse Member Leon Sims and Clubhouse Staff Aubrey Burke*

On Wednesday January 3rd the Clubhouse received a visit from the Alliance For Rights and Recovery CEO Harvey Rosenthal and the their Public Policy Director Luke Sikinyi.

The Alliance's mission as stated on their website is as follows:

*The Alliance for Rights and Recovery is a state and national change agent dedicated to improving services, public policies and social conditions for people with mental health, substance use and trauma-related challenges, by promoting health, wellness, recovery, with full community inclusion, so that all may achieve maximum potential in communities of choice.*

Harvey and Luke decided to visit the Greater Heights Clubhouse after they attended and spoke at the rally to advocate for the continued operations of all the NYC Clubhouses. That rally took place at City Hall Park earlier in the day.

On arriving at the Clubhouse, they received an outstanding tour from our great Member Leon Sims. Both Harvey and Luke were able to participate in our Wednesday afternoon Clubhouse Community meeting. They spoke about the value of Clubhouses and listened to our Members perspectives about why Greater Heights has so much value for them.

We greatly appreciated the visit from Harvey and Luke and know that the Alliance's ongoing support for the Clubhouse movement and their advocacy is extremely important to the future of the NYC Clubhouse communities.

# Greater Heights Clubhouse 28th Anniversary Party



On January 9th the Greater Heights Clubhouse celebrated its 28th Anniversary with a wonderful party. The party was long anticipated and was supposed to happen this past October, but was pushed back due to extenuating circumstances.

There were many wonderful festivities during the day. We had an open mic with many terrific speakers. People voiced their love for the Clubhouse, read poetry and shared thoughts and feelings that were impactful. We had great music, wonderful food, a vibrant karaoke session, dancing and a raffle giveaway. Our Member Leon Sims was our Anniversary MC and did an amazing job.

The weather on the day was poor and that held the attendance down a bit, but for the many of us who were there it was a great event. If you could not make it for the Anniversary it is worth watching the video of some of the speakers who spoke at the event. That video is posted on the Clubhouse Facebook Page.

Our Anniversary Party has traditionally been just about the most important event of the season at the Clubhouse. If you did not make it for our 28th Anniversary, don't fret we will have our 29th Anniversary Party sometime in the Fall of 2024.

*(see more event photos on Page 24)*

# 28th Anniversary Party Photos





## **Clubhouse Survey Results -Hopes for 2024**

**1) Overall would you say you are satisfied with your life?**

**(Check Only One) Yes 84% No 16%**

*Editor's Note: This survey was distributed to our community in late December of 2023. Based on the number of answers given the percentages on this page were generated.*

**2) Do you believe you can make your life better?**

**(Check Only One) Yes 96% No 4%**

**3) What type of improvements are you hopeful for in the upcoming year?  
(Check all that apply)**

<b>General Health - 59%</b>	<b>Other – 33%</b>
<b>More Exercise - 52%</b>	<b>Financial - 67%</b>
<b>Employment - 37%</b>	<b>More Travelling - 26%</b>
<b>Education - 59%</b>	<b>Weight Loss - 33%</b>
<b>Housing - 52%</b>	<b>Stop Smoking - 15%</b>

**4) How many years have you been a Clubhouse Member?**

**Average answer of people surveyed was 4.2 Years**

**5) What do you wish for the world for the future?**

***See answers to this question below:***

I Would Like To See Less Homeless People.

Love And Respect.

Peace For All

Peace.

More Exercise.

Being Around Good People.

Peace, Abundance, Prosperity.

Employment, To See My Nieces And Nephew, To Keep The Clubhouse Open, Education, Peace.

I Do Not Know And I Take It One Day At Time.

Peace And More Religion.

Jesus.

We Learn To Love Each Other And All Living Things.

More Peace, Less War.

I Think This Year Is The Best Year.

God.

Peace And Cures For Mankind's Worst Sickesses.

Less War.

Peace - Kindness - Faithfulness To One Another And God.

World Peace.

No More Wars & Access To Abortion For Women. "Since A Man Can't Create One He Has No Right To Tell A Woman Where & When To Create One." - Tupac

To Be More Considerate With Each Other.

Empathy And More Love.

World Peace.

I Wish For The World To Get Better.

I Wish There Could Be Healthier Food Options Everywhere In The World, I Wish For Less Judgmental Attitudes And Less Violence In the world.

# Greater Heights Sports Column

## NFL

The NFL Playoffs started on Saturday January 13th with fourteen teams in the tournament to compete to be the one and only team to raise the trophy as the winner of Super Bowl 58 on February 11th. The fourteen Playoff teams were:

the 49ers, Cowboys, Lions, Buccaneers, Eagles, Rams and Packers from the NFC and the Ravens, Bills, Chiefs, Texans, Browns, Dolphins and Steelers from the AFC. The Playoffs began with six games in the wildcard round and continued with four games in the divisional round the following weekend. Now we are down to just four teams left.

This Sunday the Baltimore Ravens will meet the Kansas City Chiefs in the AFC Championship game and the San Francisco 49ers will meet the Detroit Lions in the NFC Championship game. The winners of these two games will meet up on February 11th in Super Bowl 58 in Paradise, Nevada just adjacent to Las Vegas.

## MLB

The New York Yankees have been trying to bolster their roster this off-season. Their biggest move was acquiring outfielder Juan Soto in a seven player deal with the San Diego Padres, but they recently signed highly regarded free agent starting pitcher Marcus Stroman to a two year deal for 37 Million Dollars. The Yankees are still looking to add more talent and depth to their team before Spring Training begins next month. The New York Mets added a free agent starting pitcher too in December. They signed Sean Manaea to a two year contract at 28 Million Dollars. The Mets have had a quiet off-season and will likely need to make more additions if they want to have a big season

## NBA

The local Knicks are in 5th place in the East and have a record of 27-17. Since their December 30 trade with Toronto Raptors, when the Knicks traded R.J. Barrett, Immanuel Quickley & a 2nd round draft pick for Forwards OG Anunoby, Precious Achiuwa and Guard Malachi Flynn, the Knicks have gone 10-2. In the short term, the trade has really helped the Knicks raise their game. The local Brooklyn Nets are in 11th place, in the East, with a record of 17-26. Recently they have had trouble holding leads in the 4th quarter and have slumped dropping eleven of their last thirteen games. The Boston Celtics have the best record in the NBA with a record of 34-10. They sit alone atop of the Eastern Conference. In the Western Conference, the Oklahoma City Thunder and The Minnesota Timberwolves both with records of 31-13 and the defending NBA Champion Denver Nuggets at 31-14 are all vying for the top spot.

## NHL

The local New York Islanders fired their Coach Lane Lambert this week and replaced him with Hall of Famer Patrick Roy. The Islanders have underperformed and are sitting in fifth place in the Metropolitan Division. In Manhattan, the New York Rangers lead the Metropolitan Division with a record of 29-15-3. The other local team, the New Jersey Devils, is currently in fourth place in the Metropolitan Division just ahead of the Islanders. Currently, Hockey's two best teams are the Boston Bruins with a record of 29-9-9, the best record in the NHL Eastern Conference and the Vancouver Canucks with a record of 32-11-5 the best record in the NHL Western Conference.

## College Football Playoffs

The Number one, undefeated, Michigan Wolverines met up with the Number two, undefeated, Washington Huskies on January 8th 2024 in Houston, Texas to play for the National College Football Championship. The game figured to be close, but in the end Michigan pulled away in the final quarter and overpowered Washington, 34 to 13, to claim the undisputed National Championship. Michigan wound up the season with a perfect record of 15 and 0.

# Advisory Board Column

## January 2024

The beginning of 2024 for the BCS Greater Heights Clubhouse is an exciting time. With the potential changes to the landscape of the NYC Clubhouses on the horizon, the Advisory Board's role is heightened as we attempt to assist the Clubhouse to navigate its future path.

The Program continues to operate, and even thrive, despite some of the future uncertainty it faces. It is worth noting, that the Clubhouse was recently informed of getting a three year unconditional Accreditation from Clubhouse International. This is a great accomplishment and speaks to the excellent work of the Greater Heights Clubhouse Community. With Members achieving milestones in Education, Employment, personal autonomy and other important life goals, the Clubhouse remains an integral piece in supporting the successes of its Membership.

As an Advisory Board, we want to help move the goals of the Clubhouse Community forward in the best possible way. We continue to look to recruit new talent to the Board, to help to deliver vital supports for Greater Heights. We also continue to encourage our wonderful Clubhouse Members to stay active and vibrant with their Advisory Board Participation.

Lastly, we wanted to say that we are aware of some of the recent Great Advocacy work that our Clubhouse Members have been doing and believe that these efforts speak to the integrity and commitment that our Membership brings to the table for their Clubhouse and City.



### **BCS Greater Heights Clubhouse (FKA East NY Clubhouse)**

The primary goal of BCS Greater Heights Clubhouse is to assist our members in their process of recovery from the effects of persistent mental illness and social barriers. We strive to help people to integrate more fully into their communities and to live more independent lives. Our ability to succeed depends on the generosity of the wider community. If you would like to support our cause, please contact us by email: [kgrant@wearebcs.org](mailto:kgrant@wearebcs.org)  
Donations can be sent to:

**BCS Greater Heights Clubhouse C/O Katrina Grant at 980 Halsey Street Brooklyn, NY 11207.**

FYI: Checks must be made payable to **Brooklyn Community Services**. PLEASE identify that funds are dedicated to the BCS Greater Heights Clubhouse. Thank you!

BCS Greater Heights is dedicated to the principles of self-help, peer support, employment training and placement, by focusing on our Members individual strengths and talents.

**Important Note:** *Currently our hours of operation are Tuesdays, and Fridays from 9 AM to 8 PM, as well as Mondays, Wednesdays and Thursdays from 9 AM to 5 PM. We also will be open on the second and fourth Saturdays of the month, but we are closed on the Holidays that are observed by BCS. Additionally, we will continue to operate a virtual platform for remote participation at specific prescheduled times.*

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For more info, Visit us on the web:

<https://wearebcs.org/what-we-do/services-for-people-living-with-disabilities/greater-heights-clubhouse/>

PLEASE  
PLACE  
STAMP  
HERE

