

Brooklyn
Community
Services

Newsletter Edition #2 of 2024 February 29, 2024



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Month of February

February is the shortest month of the year containing just 29 calendar days. The 29th day is added this year because it is a leap year. That said, it compacts many significant moments inside of its abbreviated calendar. Listed below are some of the notable February days:

February 2 Ground Hog's Day:

February 2nd is known as Ground Hog Day. Legend says that the Ground Hog will emerge on this day and if he sees his shadow it signifies that there will be six more weeks of winter. However if he emerges and does not see his shadow then Spring will arrive early.

February 11 Super Bowl Sunday:

The NFL's Championship game known as the Super Bowl has become a huge social and cultural event. It is celebrated with gatherings that generally have lots of food, drink and socializing to accompany the watching of the big game on television. This year the San Francisco 49ers met the Kansas City Chiefs in Super Bowl 58 to see who would be this year's champion. The Clubhouse had a festive Super Bowl 58 party that was extremely well attended. Chips and dips, Buffalo Chicken Wings, Pigs in a Blanket, Meatballs, Pizza, Stuffed Grape Leaves, Tater Tots and Iced Tea were among the delicacies that were consumed during the evening's festivities.

February 14 Valentine's Day:

Valentine's Day Cards, Flowers, Sweets or Hugs and Kisses are some of the things that folks might exchange during this Holiday. It is a day that people also might acknowledge their significant other or close friends or family member. A romantic dinner at home or at a restaurant, going out to a special movie or event are other ways that people might celebrate Valentine's Day with another. Mostly it is just a great opportunity to tell anyone you care about that you have love for them.

February 19 President's Day:

President's Day is celebrated on the third Monday in February. This year, in 2024, that occurred on Monday February 19th. President's Day became an official National Holiday in 1971 as part of the Uniform Holiday Bill of 1968 which moved Federal Holidays to Mondays to allow workers a day off and to create a three day weekend for them. Traditionally on this day we look back, celebrate and acknowledge the most significant accomplishments of our greatest past Presidents.

Black History Month:

Black History Month is an annual celebration that started in the US in 1926. It was conceived by historian Carter G. Woodson who proposed marking a time to honor African Americans and raise awareness of Black history. As the country has evolved over time, there has been an increased awareness of Black History in America. The month's focus helps us as a society to continue to learn and educate ourselves about the amazing contributions of African Americans. It also allows us to better understand the important influences of African-Americans to our past as well as the continuing profound effects that their contributions has on our nation today.

On Monday February 5th a group of seven people from the BCS Greater Heights Clubhouse spent the day visiting the **Venture House Clubhouse of Staten Island**. Our group was comprised of Members Juanita Mills, Ronnell Lovett, Phillip Johnson, Robbie Heier, plus Program Director Katrina Grant, Assistant Program Director Chibuzo Okereke and BCS Mental Health Division Director Rose Sauls. Our Group was able to engage in the Work Order Day at Venture House and was able to really learn some great things from the community there. Thanks to all in our group for being great representatives of Greater Heights. *(see photos of the day, below)*

Venture House

Staten Island



Clubhouse Super Bowl Party by Anika Sylvester

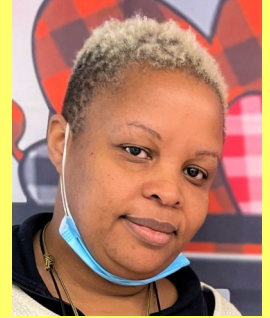
The Event: Super Bowl #58 Party at the Greater Heights Clubhouse

The Game location: Allegiant Stadium, Las Vegas, Nevada

The Time: 6:30 PM EASTERN-TIME

The Teams: San Francisco 49'ers vs. Kansas City Chiefs

Final Score: Kansas City 25—San Francisco 22



I am not a football person, much less a fanatic, but I will be forever changed as of Sunday, February 11th, 2024, which will forever be a memorable day in American History: “The 58th Annual Super Bowl.”

The game got off to a rocky start, but for some strange reason, I was engaged from beginning to end, even with the advertisements.

Based on the score as the game progressed, it appeared to be anybody's game, with a tie/draw of 16-16, well into the game.

At halftime, R&B Superstar, Usher gave a very electrifying and exhilarating performance, reminiscent of his songs growing up as a teenager, that brought back memories of a simpler time in my life.

Don't talk about the refreshments/food.

We had a wide and tasty array of dishes, including: chips w/salsa, tater-tots, meatballs, wings, cookies, iced tea and pizza, just to name a few.

Mr. Bill and his wife, Naomi, alongside Ms. Katrina, went above and beyond to make this night so special for us.

It wasn't just about the food or even the game, which were the highlights of the night.

It was the “EXPERIENCE”, that brought it home for me.

All in All, the game was well played, and I had a phenomenal time.

I wasn't the least bit disappointed and was very pleased with myself for attending such a tremendous event.

I am looking forward to Super Bowl #59 with great enthusiasm, and am only anticipating nothing less but the very best.

GOD BLESS AMERICA !!!

John Copeland's Art Class by Miguel Cordero



John Copeland's Art Class on February 6, 2024 was executed successfully. As the instructor Mr. Copeland said he was able to accomplish everything he wanted to include in this introduction. For example, he had everyone share what was their definition of Art. In addition, Mr. Copeland shared his thoughts on the subject. He was trying his best to make everyone feel comfortable in the class.

Since it was such a success, Mr. Copeland is planning to do another class. "So what's next?" The Art instructor plans to teach some of the "Basics of Art," like shading and learning how to draw lightly instead of dark in the beginning of your Art piece. We are looking forward to that.

Getting in John Copeland's head and heart he expressed that it makes him feel good to have a chance to help the Clubhouse community. So at the same time, people at the Clubhouse can get an opportunity to learn what he knows.

When it comes to making Art and/or teaching Art, J.C. loves both. However, if he had to choose a top one, he would elect making his own creations.

Member Artwork



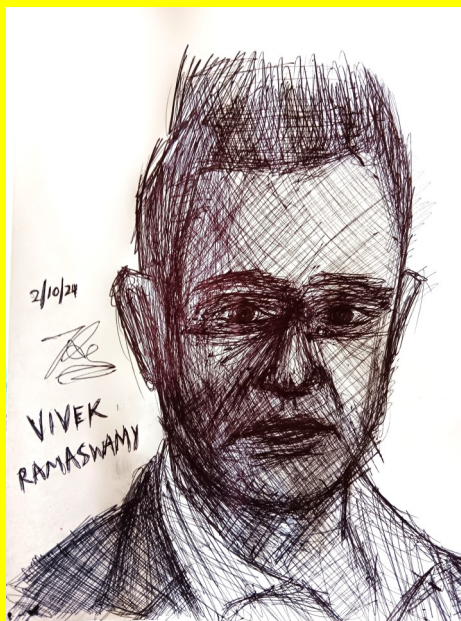
Eden Florentville



Phillip Johnson



Eden Florentville



Robinson Lorthe



Robinson Lorthe



Robinson Lorthe

My Experience at Brookdale Hospital

by Casandra Stukes



On Friday January 12, 2024 when I was at the Greater Heights Clubhouse, I got a call from my provider telling me to come home right away. It took me a while to get home. The B17 took me straight to my home in Canarsie. When I got home my provider told me to get ready and to put my coat on. I knew something was very wrong with me. Both my provider and a family friend got in the car with me and they took me straight to Brookdale Hospital.

When we got to the hospital, the provider and I went inside to have me register. Once I was admitted at the hospital, the nurse put a band on my wrist. They also told me to put my belongings in a bag for safe storage. Then one of the nurses told me to put on a hospital gown. The nurse had a room ready for me, but then they told me that I had to go to another room because they needed to pair me with a roommate. I was on the 8th floor and the doctors came to my room to introduce themselves. The three nurses came to me and asked “why was I in the hospital.?” I told them that my blood count was low. When I was in the hospital, they gave me 2 pints of blood through an IV while I was in bed.

A nurse named Amsterdam gave me antibiotics, took my blood pressure and temperature. I had to stay at the hospital for 7 days to make sure everything was alright.

While I was in the hospital, I was thinking about going home, but I really needed to focus on my health first. Finally, on Friday January 19, 2024 I was ready to go home and my provider and a family member came with my clothes to change in to.

I put on my coat and we were ready to go. We went home by car and went straight to my home in Canarsie.

Now it has been a month since I left the hospital. If I would have another emergency, I would know to go straight to the nearest hospital. I am glad I am not in the hospital though, because I like to see everything in my home surroundings.

Two months before my hospitalization, I had gone to see my physician Dr. Clifford Young and he had told me that my blood count was low. It made me very worried and I felt bad. Actually being in a hospital makes me depressed because I feel like nobody can hear me. I will make this one wish: I hope I will never have to go back to the hospital ever again. I am excited that I am out of the hospital. I pray for the patients in the hospital and I hope they make it through each day.

Now that I am well I came back to the Greater Heights Clubhouse and that makes me happy. Despite the difficulties of being in the hospital, I feel that being there really helped me to recover. Recovery for me means to stay well and to be connected with the community outside. When I see myself in good health, I feel so much better about myself.

The Greater Heights Clubhouse has really made a difference in getting my life back to normal. When I go to the Greater Heights Clubhouse, it is like a second home away from home. It has so many activities and I really want to thank the staff at the clubhouse for supporting me when I was in the hospital for 7 days.

Member of the Month John Copeland



John Copeland joined the Clubhouse a little less than a year ago and has been a pleasure to be around. He is warm, funny, helpful and kind. John has grown significantly during his time here and he has continued to take on more responsibilities. When John first arrived at the Greater Heights Clubhouse he was primarily focused on working towards his GED, but as time has worn on he has broadened his horizons here to do many things. John helps with cleaning and maintenance, food prep and service, reception, helping and supporting his fellow Members and actively participating in meetings and events here at the Clubhouse. John is a very gifted artist and his artwork has appeared in our Monthly Newsletter on several occasions. Recently he began teaching an art and drawing class here at the Clubhouse. To successfully rebuild our Clubhouse Education Program getting Members to step up and use their strengths to teach others is critical. We greatly appreciate John for taking this on and showing such great leadership here. Lastly, it should be said that John is a really great guy and has helped the Clubhouse to be a better place. For these reasons and more John Copeland is our Member of the month for February of 2024.

Coming to the Clubhouse

By Phillip Johnson



My Name is Phillip Johnson. I come to the Greater Heights Clubhouse to do volunteer work, during the work order day. I participate in all three units. In the FSU, I clean. In the EEU I might type a story or help organize the Unit. In the ASU I can work with staff on whatever they need help with. In the Library, I like to read books.

I'm a partner with Bill who is my case manager. You are super great Mr. Bill.

In the Greater Heights Clubhouse, I like to push myself to do volunteer work at the Clubhouse. The Clubhouse has many things that are available for members to do to become part of a team; like cleaning up, doing meetings, and socializing.

Members come to the Clubhouse for many different reasons. Every individual has their own reasons why they are here. The Staff in the Clubhouse here, help the Members that come to the Clubhouse find what they need to succeed.

Black History

By Juanita Mills



At one time I did not know about Black history and what it was about, but then over time I learned what it was all about.

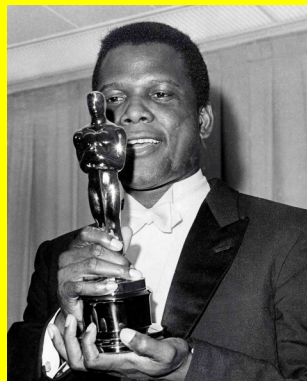
When I am walking down the street I see signs that make me think about Black history. I see signs that say Black Lives Matter. At first, I did not know what that was all about either; and then somebody told me, "That's Black history for the people that have it hard."

I was watching TV and was looking at a film where this lady was getting on a bus, they didn't let her sit in the first seat, the man told her she had to go to the back of the bus. She looked so tired, she didn't want to move.

On December 1, 1955, Rosa Parks, a 42-year-old seamstress, boarded a city bus in Montgomery, Alabama, when a white bus driver ordered her to give up a seat to a white man, but she refused to do so. Parks was fed up. African Americans paid the same fare as white people to ride the buses. Why shouldn't they sit where they pleased? Parks was arrested and taken to jail.

Rosa Parks was jailed twice – first for refusing to give up her seat and then later as one of the bus boycott leaders. When I looked at her, I was crying because I knew how it felt and I felt sorry for her.

Sidney Poitier by: Leon Sims



Sidney Poitier was a true pioneer in entertainment for Black people. He was the first Black actor to win the Academy Awards for Best Actor, for his performance in the movie *Lilies of the Field*.

He was born on February 20, 1927. His family is from the Bahamas but he was born in Florida. Poitier was the youngest of seven children. Poitier also went to the military and faked a mental illness to get discharged. He failed his first audition for theater because he couldn't read the script. A Jewish woman helped him by teaching him to read newspapers. At the age of sixteen, he moved to New York to pursue a career in acting but was washing dishes as a job.

He starred in several movies including "*Porgy and Bess*", "*A Raisin in the Sun*", and "*A Patch of Blue*". He was also the winner of the Golden Globe Awards, and a BAFTA award, and was nominated for two Emmy Awards, Tony Awards, and much more.

Poitier also acted in movies that were about racial issues. He was the first Black actor to have an interracial relationship with a white woman in a movie ("*Island in the Sun*"). Many of our modern-day Black actors idolize him because he opened up the doors to acting for Blacks. Although he passed away a couple of years ago on January 6, 2022, he will never be forgotten.

Happy Birthday to My Mom Gail Leech-Sims

By: Leon Sims



February 9 was my mom's birthday. She is my rock and the most reliable person I know. I can't explain how much she means to me and the impact that she has on my life. When I'm struggling she will go out of her way to make sure I'm taken care of. She is so strong and looks after my family. On this day she enjoyed it with our family. My mom means the world to me, and words can't explain how much I love and appreciate her. Gail is the backbone and support for my dad, brother, and me. Although I'm grown and her oldest son, I'm still her baby boy. Thanks for everything, Mom! And your hard work to be there for us will never be forgotten and I'll always be there for you. I love you, mom!

A Day Spent at Bottomless Closet

By Tineka Johnson



On February 6, 2024 an appointment was set by the Employment and Education Unit at the BCS Greater Heights Clubhouse for me to go to the Bottomless Closet and receive business attire, resume help, interview prep and more for an upcoming Internship Fair at the Howie the Harp – Advocacy Center’s, Peer Training Academy. For more than 20 years, Bottomless Closet has helped to empower New York City women like me who are in need, to enter the workforce and achieve success. The next day, I arrived twenty minutes before my scheduled appointment, eager to get started. Through one-on-one attention, they provided me with the tools and resources I needed to get back on my feet.

Upon arriving to my appointment, I was given a career coach, who sat down with me and reviewed my resume to make sure that it reflected my individual skills and qualifications for the role that I am about to get in to. We practiced highlighting my strengths by citing examples from past work experience to best demonstrate various skills. After my resume was updated I had a few mock interviews and learned how to come up with and deliver my own personal elevator pitch to better sell myself to potential employers. During the second half of the appointment, we were in the boutique, where I picked out two business outfits, two sweaters, shoes and a nice tote bag that will help me give a sparkling first impression.

By the time I left Bottomless Closet, I had everything that I needed to ace the interviews at my Internship Fair at the Howie the Harp – Advocacy Center’s, Peer Training Academy, start that new position, and begin my journey to independence. My career coach told me, “If you do not get an internship, you can come back for additional coaching,” and “Once you get a job, you can come back for additional clothing.”

I really enjoyed the day spent at Bottomless Closet. It was a rewarding and amazing experience that I would definitely recommend to anyone in need. If you are interested in their services, please feel free to contact the Employment and Education Unit at the BCS Greater Heights Clubhouse for a referral. They made me feel appreciated, valued and reminded me that I am somebody. Now I am more prepared to go to my Internship Fair on February 21, 2024. Thank you Bottomless Closet!

Clubhouse Birthdays



February Birthdays

Helen 2/1

Annabelle 2/9

Osama 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

March Birthdays

Chloe 3/1

William 3/1

Vernessa 3/3

Della 3/5

Geraldine 3/7

Bill 3/10

Keemo 3/12

Emil (CTA Tax man) 3/13

Sarah 3/17

Karen 3/19

Monica 3/20



My Story on Valentine's day by Juanita Mills



On this day people share paper cards, candy hearts and spend time with the people they love. It is Valentine's Day!

Valentine's Day happens each year on February 14. It is a day to celebrate love. A man named Valentine helped people marry in secret. The emperor did not know about this. The emperor discovered what Valentine was doing and he put Valentine in jail to punish him.

Valentine died on February 14th. Many people were grateful to Valentine. He became known as St. Valentine.

To celebrate Valentine's Day, people spend time with loved ones. People do nice things for each other. People often celebrate Valentine's Day by giving small gifts. These gifts may be candy or paper cards. The gifts are often shaped like hearts. People also decorate with hearts.

If my mother was here, my father would give her the biggest heart candy because he loved my mother so much; but, they are gone now.

Happy Valentine's Day and I love them with all my heart.

Getting to know Our New Member Osama Osman by Miguel Cordero



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

Osama: I heard about it from Ms. Edwards, Social Worker at Kingsboro Psychiatric Center.

Miguel: How long have you been coming here?

Osama: It's been around two weeks.

Miguel: How has your experience here been so far?

Osama: It's been very nice and calm, members are friendly.

Miguel: What are some of your interests or hobbies?

Osama: I would like to refresh my knowledge in Civil Engineering. I have a Master's Degree from City College on this field. I obtained my Bachelor's Degree at Sudan.

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

Osama: Yeah, I would like to work in the field of Construction.

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

Osama: I love playing and watching soccer games.

Getting to know Our New LIU OT Intern Miriam Shadrouz by Cassandra Stukes



Cassandra: How did you first find out about the Clubhouse?

Miriam: I had friends who had been Interns at the Clubhouse and told me about it. My School then placed me here for my Internship.

Cassandra: How long have you been coming here?

Miriam: It has been about a week.

Cassandra: How has your experience here been so far?

Miriam: My experience has been very good so far and everybody has been nice to me and very welcoming.

Cassandra: What are some of your interests or hobbies?

Miriam: I love to cook, I like to paint, I love the summertime and going to the beach. During my free time, I usually clean my apartment and watch my favorite TV Shows. One of my favorite shows that I am in the middle of watching right now is “Suits.”

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

Miriam: I hope to graduate from LIU and then pass my boards.

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

Miriam: Yes, I am very excited to spend ten weeks at the Greater Heights Clubhouse, and looking forward to getting to know everybody better.

Cassandra: Do you like coming to the Clubhouse?

Miriam: Yes, it is a fun place to be. Everybody here at the Greater Heights Clubhouse is so much fun to be with.

Getting to know Our New LIU OT Intern Live Miriella Etienne-Choute by Leon Sims



Leon: How did you first find out about the Clubhouse?

Live: I found out about the Clubhouse as an option after first doing my Level One Internship at BCS PROS.

Leon: How long have you been coming here?

Live: I just started here, today is my third day.

Leon: How has your experience here been so far?

Live: So far it has been great! I like the friendly environment and everyone interacts with each other. I feel welcomed and appreciated.

Leon: What are some of your interests or hobbies?

Live: I love to cook, clean and I love taking long walks.

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

Live: I hope to have my own Non-Profit Program one day for anyone living with Intellectual disabilities.

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

Live: I used to help my mom's business taking care of uniforms by ironing them and making them neat for customers. Also my mom taught me how to work with flowers.

Some don't appreciate you until you're gone

By Leon Sims



I've been chasing you for years and messed things up,
But now I learned from my mistakes and I've had enough.

I'm so close to getting you but yet so far,
And I've realized your importance and miss you with all of my heart,

I've fallen down and it feels like I can't get up,
But I've realized my flaws and learned not to give up.

Life has curves and not everyone's a friend,
And I'm not perfect but I will cherish you until the end.

Now I can see myself yearning for you,
And I can't change my past but I'll focus on you.

Some people may have you but don't know what to do,
But I've learned to appreciate you and my love is true.

From now on if it's love or positivity then that's the road I choose,
And if you want to know who this is for I'll give you more than a clue.

My loved ones, my faith, and life are giving reason,
To live life the right way every day and every season,
Although I don't have you now because my soul need cleaning,
So if you want to know who or what this poem's about,
just know that it's freedom.

I lost Hope

By Leon Sims



It feels like I lost Hope,
But Hope will always be here,
Now I'm using methods to cope,
Because Hope had no fear,
We will always love Hope and Hope will love us,
So keeping Hope strong is a must,
Life is too short and times are hard,
But the lord blessed us with her and She'll always be in my heart,
Times like this are tough but we gotta stay strong,
Although I haven't seen Hope in a while
I think about when she had my back,
We will always have Hope with us and this feels wrong,
But my condolences go out to our loved ones and hers because I
know we'll all reunite and this is a fact!....
RIP to my friend and cousin Hope. I will always love you!

V-day Love

By: Leon Sims



In life there are many forms of love,
Some start from kisses some come from hugs,
I almost gave up until I found her,
And I've loved before but this feels like the first,
When I think of love I see her face,
Then I think of love and say it's worth the chase,
She gave me a challenge but now she's mine,
I realize it's real and open up 100% this time,
So happy Valentine's day to the love of my life,
And I look forward to our future and making her my wife,
When we have our family I will not change,
Unless it's for the better because we both feel the same

SELF-DEFENSE CLASS



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TEACHER: SENSEI MORGAN PULSIFER

5TH DEGREE BLACK BELT IN SHORINJI KEMPO
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CERTIFIED YOGA INSTRUCTOR

SENSEI MORGAN WILL ALSO TEACH STRETCHING, BREATHING AND RELAXATION (YOGA) TECHNIQUES.

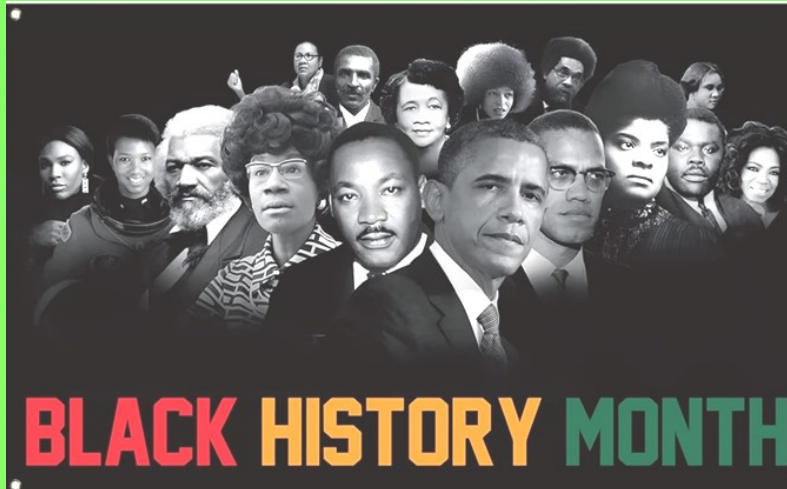
MARCH 12 3:30 – 5:30 PM

MARCH 26 3:30 – 5:30 PM

WEAR LOOSE, COMFORTABLE CLOTHING AND SOFT SHOES OR SNEAKERS.

QUESTIONS? CONTACT SENSEI MORGAN: (917) 920-0975

The Greater Heights Players Present: Black History, It's Yours!! A New One Act Play



On Tuesday February 27th, for our monthly Employment Dinner Celebration, a terrific cast of ten performed an original one act play titled “Black History, It’s Yours!!” The cast worked hard to study their characters and the performances were great. Due to unforeseen circumstances two roles were filled by last minute understudies who stepped up and did a terrific job. Thanks to the whole cast: Roy Clement as the Narrator, Phillip Johnson as Abraham Lincoln, Tanya Diego as Rosa Parks, Ross Wade as Muhammad Ali, Anika Sylvester as Maya Angelou, Ronell Lovett as Langston Hughes, Derrick Manigault as Thurgood Marshall, Katrina Grant-Rodriguez as Michelle Obama, Maurice Tyler as Malcolm X, Timothy Dabriel as Carter G. Woodson and the entire ensemble as Dr. Martin Luther King Jr. If you missed the live performance you can access it on youtube using the link below:

<https://www.youtube.com/watch?v=U2wFqew0aDI&t=3s>

Black History Month Spotlight—Malcolm X and Rosa Parks

Shared By Our Member Delisa Bynum

Malcolm X was a minister, a leader in the civil rights movement and a supporter of Black nationalism. He urged his fellow Black Americans to protect themselves against white aggression “by any means necessary,” a stance that often put him at odds with the nonviolent teachings of Martin Luther King, Jr. His charisma and oratory skills helped him achieve national prominence in the Nation of Islam, a belief system that merged Islam with Black nationalism. After Malcolm X’s assassination in 1965, his bestselling book, *The Autobiography of Malcolm X*, popularized his ideas and inspired the Black Power movement.

By refusing to give up her seat to a White man on a Montgomery, Alabama, city bus in 1955, Black seamstress **Rosa Parks** (1913—2005) helped initiate the civil rights movement in the United States. The leaders of the local Black community organized a bus boycott that began the day Parks was convicted of violating the segregation laws. Led by a young Rev. Dr. Martin Luther King Jr., the boycott lasted more than a year—during which Parks not coincidentally lost her job—and ended only when the U.S. Supreme Court ruled that bus segregation was unconstitutional. Over the next half-century, Parks became a nationally recognized symbol of dignity and strength in the struggle to end entrenched racial segregation.



Lunar New Year

By Susan Lee



The Lunar New Year, previously called the Chinese New Year, is also celebrated in Vietnam, Korea, Singapore and other Asian countries. It is becoming more well-known to the general public. The holiday is now observed in public schools in New York.

The zodiac animal for this Lunar New Year is the Green Wooden Dragon. The dragon represents power, blessings, and success. Though usually red and gold are the blessed colors of the Chinese culture, the color green will be included in this year's colors to symbolize wealth.

The Lunar New Year starts on Saturday, February 10, 2024 and will last eight days, ending on Saturday, February 17th, 2024. The Lunar New Year marks the first new moon of the year. It also is the start of the Spring Festival.

There are street parades to celebrate, dragon dances, lion dances, lanterns as well as firecrackers. One of the traditions of the Chinese New Year is to sweep away all the bad things from the last year and welcome the blessings of the New Year.

During the Chinese New Year celebrations, we give red envelopes with cash inside to children, family and friends.

We also give orange citrus fruits because the words for these fruits sound similar to fortune and blessings. Giving these fruits is believed to bring happiness and everything good to the recipients. The delicious foods that are eaten during the Chinese New Year are longevity noodles, representing long life, whole fish or meat, glutinous rice balls in sweet syrup, spring rolls, and of course, dumplings!

My Peer Specialist Training Courses by Casandra Stukes



On Friday January 5th, 2024 I took my first peer specialist training test. I took a test on the course material and I got all of the questions right. My score was 100 out of 100. The next day I took my second peer specialist training test and I concentrated on the questions they asked me to answer. I was able to answer most of the questions correctly and passed the course. After successfully finishing my two peer specialist training tests on the computer, it said congratulations! I was so excited and I was so proud of myself. I had a big smile on my face.

I still have more courses to take, until I receive my NYS Peer Certification. It took me some time to complete the courses, but I made it through the whole course training. I was confident that I had passed. If I can complete all the required courses, then I will have an opportunity to work as a peer specialist.

I worked so hard on the test and am proud that I worked very independently and got through it on my own. However, if I ran into any problems, I knew that I could always ask Aubrey, my case worker, for assistance. Passing my test made me realize how smart I really am. This peer specialist training really helped me focus towards my goals. Not only is the peer specialist training helping me to improve, but has given me the know –how to help others.

I am really looking forward to continuing with more peer specialist training courses. When I finish all my courses, I will be able to get my Certification. With the Certification I will be able to get a job as a working Peer.

I am very happy that the staff at the Clubhouse are so proud of me and my accomplishment. I am planning to continue my peer specialist tests and I know I must take my time to not rush through it if I want to succeed. Lastly, I would like to thank Aubrey Burke for setting this up for me. I would never have thought that passing this course would have such an impact on me.

Letters to the Editor

Letter to the Editor

Last month our director Katrina Grant had received some commentary about content contained in the January 2024 Edition of the Newsletter. We are thrilled that people are reading the Newsletter and have thoughts and ideas that they want to share with us.

For that reason we have decided to open up a Letters to the Editor section to give our readers a voice in upcoming Newsletters. In this way our readers can have an opportunity to be heard about the positives and negatives they get from reading our Monthly Newsletter. Additionally, those readers can get further feedback from our editorial staff.

Much great work goes into getting this Newsletter out each and every month. We hope that it gives its readers a glimpse into the thoughts, feelings and perspectives of our Clubhouse community. Getting feedback from our readers, can only improve the quality of our future Newsletters.

Please feel free to email any thoughts, ideas, suggestions, criticisms or compliments to:

letterstothehighcheditor@gmail.com. In the email subject line please put: Letter to the Editor. Your emails will be read and reviewed and addressed either privately or in print.

Greater Heights Sports Column

MLB

Major League Baseball teams arrived in Florida and in Arizona to start Spring Training to prepare for the 2024 regular season. The regular season is scheduled to open for all thirty teams on March 28th. Pitchers and catchers arrived at Spring Training first and were followed by the arrival of the other position players. The local teams, The New York Yankees and the New York Mets, both are entering the 2024 season with hopes for an improvement from 2023 when neither team qualified for the postseason.

NFL

The Kansas City Chiefs defeated the Baltimore Ravens 17 to 10 in the AFC Championship game and the San Francisco 49ers came back from a 24 to 7 deficit to defeat the Detroit Lions 34 to 31 in the NFC Championship game. With those victories, the 49ers and the Chiefs advanced to this season's Super Bowl. This 58th Super Bowl, was a rematch of Super Bowl 54 when those same two teams played. Super Bowl 58 was played on Sunday February 11th in Paradise, Nevada just adjacent to Las Vegas. The game was a real classic. The 49ers led early and they led late, but in the end the Chiefs evened it up with a Harrison Butker 29 yard Field Goal with just 3 seconds left to tie the game at 19 to 19 and send the game into overtime. The 49ers scored first in overtime, kicking a field goal to take a 22 to 19 lead, but the Chiefs drove down the field and Patrick Mahomes finished off a dramatic game winning 75 yard drive by throwing a three yard touchdown pass to little known wide receiver Mecole Hardman, for a 25 to 22 Chiefs victory. It was the third Super Bowl title for the Chiefs in the last five seasons and in each of those Super Bowl victories Quarterback Patrick Mahomes made the key plays during crunch time to win the game. He was named the Super Bowl MVP for a third time. As a three time Super Bowl MVP, Mahomes joins only legendary QBs Joe Montana (three time Super Bowl MVP) and Tom Brady (five time Super Bowl MVP) as players to have won the Super Bowl MVP at least three times.

NBA

The NBA played its annual all-star game on February 18th and the Eastern Conference defeated the Western Conference by a ridiculous score of 211 to 186. The true losers of this game was defensive basketball. Little to no defense was played during this absurd scoring fest. Damian Lillard, of the Milwaukee Bucks, scored 39 points for the East and was named the All-Star Game MVP. He had a very productive all-star weekend winning the three point shooting contest as well. Karl Anthony Towns of the Minnesota Timberwolves scored a game high fifty points for the losing Western conference. The Brooklyn Nets fired their head coach Jacque Vaughn on February 19th. He was subsequently replaced by former UConn coach Kevin Ollie who was hired on an interim basis. On February 8th the New York Knicks acquired Bojan Bogdanovic and Alec Burks from the Detroit Pistons in exchange for guards Evan Fournier, Quentin Grimes, Malachi Flynn and Ryan Arcidiacono plus two second-round picks.

NHL

The NY Rangers and the NY Islanders met in a rare outdoor NHL game in front of almost eighty thousand fans at MetLife Stadium in East Rutherford, New Jersey on February 18th. Although the Islanders jumped out to a commanding 4 to 1 lead the Broadway Blueshirts were not to be denied, tying the game at five with two late third period goals and delivering the game winning goal at the start of overtime, for a 6 to 5 Rangers victory.

Australian Open Tennis 2024

This year's Australian Open singles title was won on the Men's side by fourth seeded Jannik Sinner from Italy defeating third seeded Daniil Medvedev from Russia in five exciting sets. On the Women's side the single's title was won by 2nd seeded Aryna Sabalenka from Belarus defeating 16th seeded Zheng Qinwen from China in two straight sets.

Advisory Board Column

February 2024



The Advisory Board is dedicated to supporting the goals of all the Members of the BCS Greater Heights Clubhouse. Primary to that, are Members' goals for Employment. In the picture above, three of our working Members: James Duverglas, Lila Rivera and Doris Thomas are shown after speaking about their jobs and paths to work, at the January Employment Dinner. Their success is something everyone in the Clubhouse can celebrate. The Advisory Board is committed to working with the Clubhouse to find more opportunities for Members so that they too can flex their work muscles and find the success in life they so richly deserve.



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
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.*

BCS Greater Heights Clubhouse
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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/>

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