

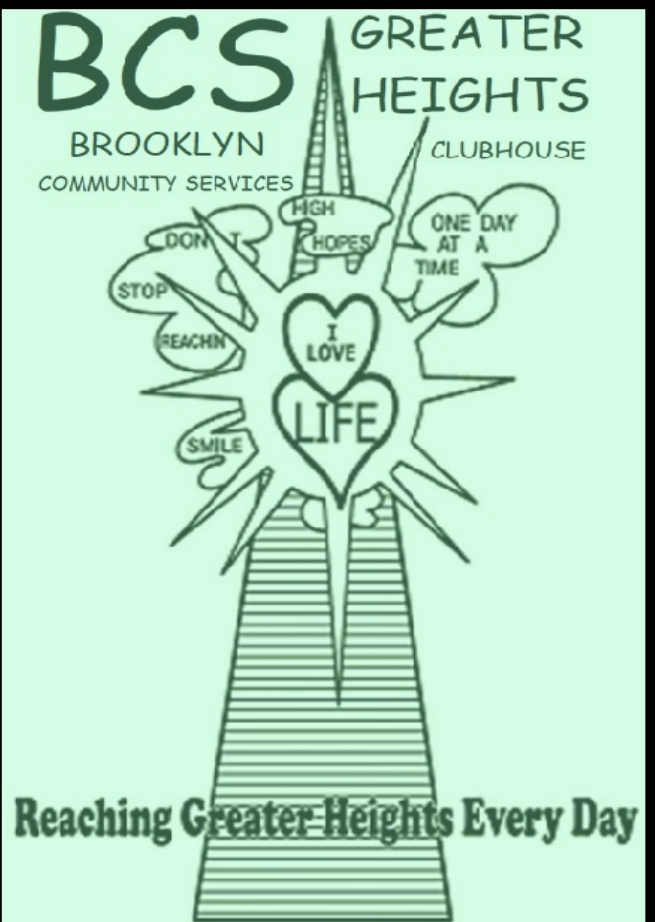
Brooklyn
Community
Services

Newsletter Edition #4 of 2024 May 31, 2024



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Month of May

May 1st 2024 is May Day. It is a European festival of ancient origins marking the beginning of summer, usually celebrated on May first, around halfway between the spring equinox and summer solstice. Festivities may also be held the night before, known as May Eve. Traditions often include gathering wildflowers and green branches, weaving floral garlands, crowning a May Queen (sometimes with a male companion), and setting up a Maypole, May Tree or May Bush, around which people dance. Bonfires are also part of the festival in some regions. In 1889, it was chosen as the date for International Workers' Day by the Second International, to commemorate the Haymarket affair in Chicago and the struggle for an eight-hour working day. As a result, International Workers' Day is also called "May Day", but the two are unrelated.

May 4th 2024 this year is the first Saturday in May and that first Saturday is the day that the **Kentucky Derby**, America's most famous Horse Race, is traditionally run at Churchill Downs in Louisville, Kentucky. The Kentucky Derby, run at one and one quarter miles, is also known as the Run For the Roses and is the first leg of America's famed "Triple Crown" for three year old Thoroughbred Race Horses. The day is festive and parties can be held and fancy hats are often worn to celebrate the event. The traditional drink of the Kentucky Derby is the Mint Julep, a concoction made of Kentucky Bourbon, Ice, Mint Leaves and Simple Syrup.

May 5th 2024 is Cinco De Mayo. It's a yearly celebration held on May 5, which commemorates the anniversary of Mexico's victory over the French Empire at the Battle of Puebla in 1862, led by General Ignacio Zaragoza. It is seen as a time of celebration and pride especially for Mexican Americans. Although this day is not a federal holiday in the United States, many cities (especially those in the Southwest) hold local parades and celebrations. Additionally, many people hang up banners and schools organize lessons and special events to educate their pupils about the culture and history of Americans of Mexican descent.

May 12th 2024 is Mother's Day. The second Sunday in May (this year on May 12th) is when Mother's Day is celebrated. It is a chance for families to honor their Mothers and to acknowledge the many sacrifices they make to bring their children into the world and raise them to the best of their ability. As a part of Mother's Day traditions, children send cards or gifts to their mother or mother figure or make a special effort to visit her. They might take their mothers out for a festive lunch or dinner to show their gratitude. Some children even go all the way to cook their mothers large and elaborate dinners, thus giving their mothers a break from preparing food for the family.

May 27th 2024 is Memorial Day. It is now celebrated every year on the last Monday in May to honor the deceased veterans of all the wars fought by American forces. The history of Memorial Day dates back to the American Civil War. It started as an event to honor soldiers who had died during the war. It is said to have originally been inspired by the way people in the Southern states honored the dead. May is Mental Health Awareness Month. May is a time to raise awareness of those living with mental or behavioral health issues and to help reduce the stigma so many experience. It is important to note that society still struggles with understanding and embracing people that are living with Mental Health issues. Mental Health Awareness Month hopefully can raise society's consciousness, reduce the stigma for People living with Mental Health issues and make the world a kinder and more compassionate place to live for everyone.

12th Annual Economic Empowerment Expo



On Wednesday May 22nd the Greater Heights Clubhouse hosted its 12th Annual Economic Expo Empowerment Day. The event was a big success with a great group of Clubhouse Members in attendance. As always the Clubhouse Food Service Unit went way above and beyond preparing and serving a great variety of delicious Hors D'oeuvres, healthy snacks and an amazing lunch.

This year's vendors presented a wide array of valuable information to our community. Information about Employment, Education, Benefits, Housing, Mental Wellness, Health Care, Sobriety, Public Resources and Opportunities for enhanced involvement in the Community at large was brought to us with knowledge, passion and accessibility.

The list of amazing Vendors that participated at this year's Expo were: 1) Cherise Davis from ACCES (VR) 2) Mei Ou & Michael Ryan from the Brooklyn Chamber of Commerce & Workforce Development 3) Donald Peebles & Ellen Mehling from the Saratoga Branch of the Brooklyn Public Library 4) Sada Coakley from BCS PROS 5) Leiba Bobb-Mitchell from BCS CHAMP 6) Ted Walner & Anthony Sgarlato from Baltic Street Peer Advocacy Center 7) Megan Hoare from NADAP 8) Shawn Corey & Glenn Olivares from the Top Opportunities/Greenkeepers Supported Employment Program 9) Mitchell Levine & Sabrina Garcia from NAMI NYC 10) Shana Campbell from Oak Street Health 11) Sheldon Orgill from Community Health Network.

We want to thank all involved for coming out and making the 12th Annual Economic Empowerment Expo such a big success. We are looking forward to doing this again next year and making the 13th Annual Economic Empowerment Expo as successful as this year's Expo was. *(see more Expo Images on Page 4)*

12th Annual Economic Empowerment Day Images



NAMI NYC Walk



On Sunday morning May 19th a group of us from the Greater Heights Clubhouse met at the South Street Seaport to do the Annual NAMI NYC walk in support of Mental Health.

Our walking group consisted of Clubhouse Members, Yole Cesar, Doris Thomas, Ronnell Lovett, Shreece Bartholomew and Timothy Dabriel plus Clubhouse Director Katrina Grant-Rodriguez, her three Children (Kylee-Ann, Lupercio and Raphael) and her husband El. Additionally Clubhouse Staff Bill Lampert and his wife Naomi Lehr walked as well.

The walking event was fun and spirited. We walked about a mile and a half along the water to the Staten Island Ferry Terminal and back to the Seaport. The weather was perfect.

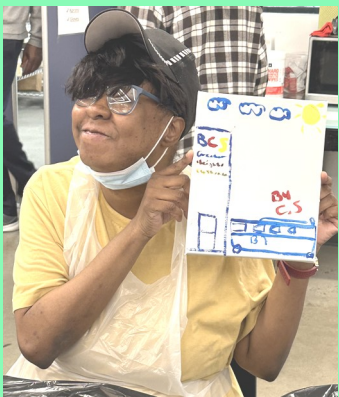
NAMI had information tables, live drumming and a DJ by the Seaport. Some of us were able to get free massages, some giveaway snacks and free Ice Cream as well.

NAMI is the largest consumer advocacy group of its kind in the United States. It was a great thing for the Clubhouse to get out and support NAMI and have our voices heard for Mental Health Wellness!




nami
 National Alliance on Mental Illness
 New York City Metro

Mental Health Mural Art



The World of Keychains by Diane Wright



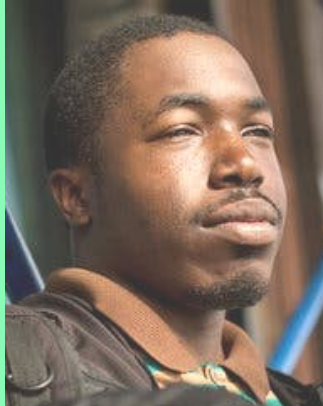
I am going to tell you how I started my artwork with plastic strings. I started making keychains in the year of 2011.

I started with the box stitch first. And then for a while after making the box stitch I surfed the internet to learn how to make different designs with the plastic strings. It was hard at first but they showed you how to twist and make different designs with the plastic strings. So I did one keychain and it didn't come out so well because it was my first time doing different designs with the plastic strings. However I didn't give up on the design. I kept at it for a good while until I got the hang of it. Now that I got the hang of designing keychains, I can't put it down. I design different colors and different designs. I have been making designer keychains since 2011 and I am still designing and making my keychains.

It is so relaxing and very enjoyable. I buy my strings off Amazon. I also buy my rings from Amazon. So now I have made 200 designed keychains and now I am starting to sell them. I want to show people how to make them. My artwork is on Facebook, Instagram and Tik Tok. When you get a chance, look me up and I can show you how to make these keychains.

Member of the Month

Paul Watson



Paul Watson has been an East New York / Greater Heights Clubhouse Member for more than a dozen years. Over that time, he has been involved here in many different ways. He has enjoyed and participated in many recreational opportunities, been very involved in the Work Order Day, has successfully done Transitional Employment, assisted with advocacy and has brought some wonderful enthusiasm and fun to our Clubhouse. Many don't know this, but Paul was instrumental in assisting us with closing down the 2697 Atlantic Avenue building in October of 2020 and making sure that our subsequent move in July of 2021, to our current 980 Halsey Street location, was properly organized. Paul works an independent job as a Mover's Helper and that keeps him quite busy, but he still finds time to come to the Clubhouse. He is very well liked here and when he comes in he brightens everyone's day with his presence. Paul has a passion for Radio Controlled (RC) Vehicles and has written articles about this for our Clubhouse Newsletter. He has also brought RC Vehicles to some Clubhouse outings, to share that experience with others. Paul is a really nice person and is very willing to help the Clubhouse or his fellow Members. We are lucky to have him as part of our community and want to acknowledge him as our Member of the Month for May of 2024

My First Cruise by Adam Fullan



In April I went with my family on a cruise. This was a new experience for me. I had never been on a cruise before. My mother, stepfather, aunt, great aunt and uncle, and my cousin went on the cruise. On April 18, we sailed out of Red Hook Brooklyn on the MSC Meraviglia ship. When we left Brooklyn we sailed under the Verrazano Bridge and 3 days later arrived in the Dominican Republic.

We went to a resort in the Dominican Republic. We took a bus from the ship to the resort and went to the beach there. Then we sailed onwards to San Juan, Puerto Rico and I stepped off of the ship and walked through the streets of Puerto Rico. The streets are hilly and there are cobblestone roads there.

Then we sailed to St. Thomas, Virgin Islands. There are a lot of mountains there. I was able to take a gondola ride to the top of a mountain and got great views of St Thomas. From the top of the mountain I was able to see the ship we were sailing on. It was quite a view.

We then sailed to Phillipsburg. Then we sailed 3 days back to Brooklyn New York. On the ship there were many activities that I participated in. They had miniature golf, contests, they had the memory game, Hula Hoops where you throw a ring and you have to try to land it on a pole. I threw 3 rings. Two of them landed on the pole. There was a game where you had to kick a ball and try to aim it into a goal. I won a prize for winning one of the games. They gave me a little model of the MSC Meraviglia. That made me feel happy.

I did go to a bar and participated in a solo traveler's event and I ended up meeting a lady named Claudia. Claudia does play rummy cube. We played rummy cube on the ship. She lives in Montauk. I have her phone number. I am going to take a train ride to Montauk to play rummy cube with Claudia. She enjoys playing the game.

I also met and spoke with a few other people on the ship. I spoke with a man whose name was Mark and his wife Wendy. Also, I went bowling on the ship with some of my family, and played rummy cube with some of my family and with Claudia. I also played bingo on the ship. And I went to a name that tune event, and I got a tour of where the captain operates the ship and I met the captain and had a picture taken of me and the captain. I got to see the bridge of the ship as well.

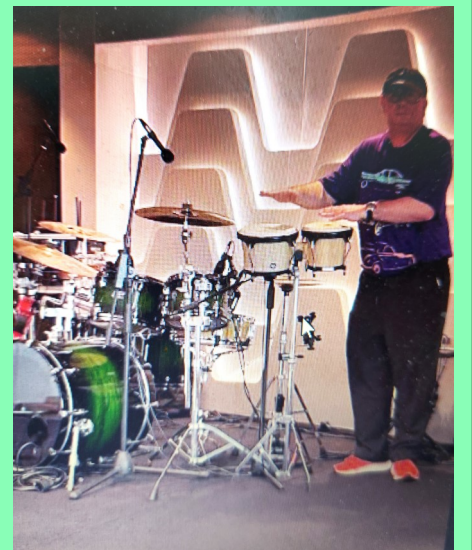
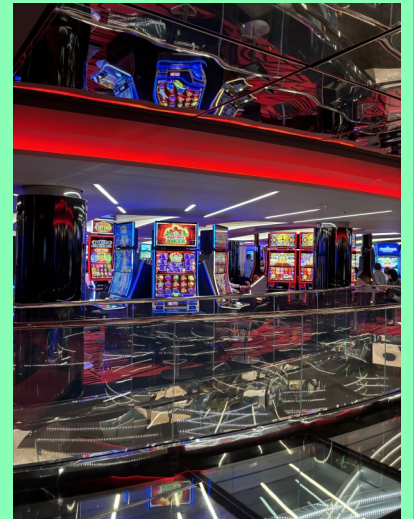
My family and I some nights ate dinner together in the dining room and some days we met for lunch. There were casinos on the ship as well. Also, there were many restaurants where you can eat meals. There was also a theater on the ship. The food on the ship was really good. I slept in my own cabin. This was the first time I was on a cruise.

In the future, if I am given the opportunity, I would do it again. I really had a great time and I felt sad when the vacation ended. The ship was huge. The Cruise lasted 10 Days.

(More of Adam's Cruise Photos on Page 10)

(Continued from Page 9)

Photos From My First Cruise



Soul by Yole Cesar

Good morning sun
 Good morning sky
 Good morning birds those wake me up this morning
 Good morning earth
 Dear nature, I come to see you
 In this moment, I feel good from my tip-pee-toe
 Until my kinky hair
 I am a phenomenon in development like a plant
 That is budding
 My soul is solid
 It's time for me to accept myself cause
 I gave the afraid, the pain enough time in my life
 I want to have joy!
 I want to give joy!



Choice by Yole Cesar

Long time ago, I was walking
 Looking for a place to take a little breath.
 Every time, I think I'm going to be better
 Like dried leaves, my hope is a pile
 It's my day to speak up!
 Every time, people tell me:
 "Hold on, you have to fight"
 "You have to find force for not to lose the faith".
 I get suffered, I get humiliated
 I take another step to arrive there
 You and I are the Captain of our life's boat
 Don't be afraid to fight for what you believe

Stop! by Yole Cesar

You want to treat me like you want
 Telling me I have no right to ask for a better tomorrow
 You want me to suffer without talking
 You hurt me when I am down
 When I cry, you smile
 Pain is only that I have
 I have no choice, I have to block you
 I have no choice, I have to stop you
 On my dignity, you are walking
 In your eyes, I am nobody
 I have no choice, I have to stop you

Intake and Welcoming to the Clubhouse

For someone who has never been to a Clubhouse the process of seeking out a Program for themselves can be very intimidating. Seeking out a place that could help one to have a better and fuller life might seem to be a simple thing, but know that it is much more complicated than that.

Most new potential Members come in for their tours with significant trepidation and fear of the unknown. What is this place? Who are these people? What are the expectations of me? Will people be mean to me?

Will this be a waste of my time? Is this really what I am looking for? Those and many other questions cross people's minds as they come into the Clubhouse for the first time.

If you think back to your first day here at the Clubhouse you may remember yourself feeling ill at ease or uncomfortable coming to a new place. Currently we have been seeing more potential Members coming into the Clubhouse to check the place out. As we continue to try and boost our roster, we will likely be seeing more and more of this in the not too distant future.

People who come here for the first time to see if the Clubhouse is a place for them are really heroic explorers. It takes courage to walk in to the Clubhouse to get a tour. That is why it is very important that each and every one of us gives special attention to new people when they come in.

Volunteering to give tours is a very important job. Additionally, when you see a new face introduce yourself and welcome that new person.

Simple acts of kindness is the fuel that our Clubhouse runs on. We don't want people leaving the building feeling unwanted or ignored. We want people to know that they are special and that the BCS Greater Heights Clubhouse is a place of hope and opportunity for them. Remember, you are our best ambassadors and the person you welcome here deserves the chance to make the Clubhouse their home too!

Greater Heights Clubhouse

Working Members

- 1) Oscar M. – JFK Baggage Handler**
- 2) Rodolfo L. –Uber Eats Delivery**
- 3) Thomas T. –BC PROS Peer Specialist**
- 4) Carlos K. –Bronx VA Peer Navigator Department Supervisor**
- 5) Edward L. – Associate Professor at CUNY Bronx Community College**
- 6) Franky C. – Customer Service Times Square Alliance**
- 7) John S. –Security Guard**
- 8) Joy D. – Home Health Aide & Election Poll Worker**
- 9) Paul W. –Mover’s Helper**
- 10) Erica D. – Nail Technician / Howie T. Harp Peer Internship**
- 11) Rifath (Rush) M.–Federal Express warehouse / Dunkin Donuts**
- 12) Lila R. – Concierge at the NY Times Building**
- 13) Yvonne T. –Apartment Cleaner**
- 14) Jonathan G. –Gallery Attendant & Security Guard**
- 15) Omar J. –Global Security Guard / Uber Eats Delivery**
- 16) Rayven H. – Mathematica Steering Committee**
- 17) Shaka W. –Target Retail Assistant**
- 18) Tineka J. –Howie T. Harp Peer Training Internship**
- 19) Shanequa A. –DMV Sanitizer**
- 20) Kevin F. – Swissport Airport Baggage Handler**
- 21) Andrew F. –Electrician’s Assistant and Baby Sitter**
- 22) Calvin F. - Canarsie Branch of Brooklyn Public Library Volunteer**
- 23) Rick L. –Substance Abuse Counselor**

Clubhouse Birthdays



May Birthdays

Octavia 5/1
 Thomas R. 5/3
 Bianca 5/4
 Samuel 5/5
 Shanequa 5/12
 Evans 5/17
 Johanna 5/19
 Yvonne 5/23
 Robert 5/28
 Jonathan 5/30
 Esther 5/30

June Birthdays

Peter 6/2
 Lila 6/2
 Luther 6/4
 Jauneen 6/5
 Kamal 6/8
 Robbie 6/10
 Claribel 6/10
 Clifton 6/11
 Geraldine R. 6/17
 Katrina 6/17
 Tanya M. 6/24
 Christopher 6/29
 Mike M. 6/30



2024 New York Football Draft Class

By Miguel Cordero



NY Jets draft picks are:

Rd 1, Pick 11: Olu Fashanu (OT, Penn State),
Rd 3, Pick 65: Malachi Corley (WR, Western Kentucky),
Rd 4, Pick 134: Braelon Allen (RB, Wisconsin),
Rd 5, Pick 171: Jordan Travis (QB, Florida State),
Rd 5, Pick 173: Isaiah Davis (RB, South Dakota State),
Rd 5, Pick 176: Qwan'tez Stiggers (CB, Toronto Argonauts) and
Rd 7, Pick 257: Jaylen Key (DB, Alabama).
Final Grade: A-

NY Giants draft picks are:

Rd 1, Pick 6: Malik Nabers (WR, LSU),
Rd 2, Pick 47 (from Seattle Seahawks): Tyler Nubin (S, Minnesota),
Rd 3, Pick 70: Dru Phillips (CB, Kentucky),
Rd 4, Pick 107: Theo Johnson (TE, Penn State),
Rd 5, Pick 166 (from San Francisco 49ers through Carolina Panthers): Tyrone Tracy Jr. (RB, Purdue) and
Rd 6, Pick 183: Darius Muasau (LB, UCLA).
Final Grade: C+

The NY Jets had the more balanced draft class but the NY Giants have, arguably, the best pick in the draft by the New York teams, that being Malik Nabers. Hopefully these drafted players will be the missing pieces for a better season for both teams.

Some Thoughts on Mother's Day & Mental Health

Sunday May 12th was Mother's Day. The fact that mental health awareness month happened in May also might have been somewhat of a coincidence, but it is not totally unrelated. Most of us can attribute some of our current Mental Wellness to our growth experiences and for many of us our mothers had some significant impact on that.

No one has a perfect childhood because growing up is a precarious process and there is often much pain along the way. For those who are able to, it is important to be thankful for the best of what your Mothers could do as well as forgiving them for the inevitable mistakes they made in raising you. As adults we can hopefully evolve and move forward beyond our childhood and try to do the best that we can with whatever our growth experience gave us. For some of us this has been a very rocky journey, but for better or worse you are still here standing and living your lives.

We all had birth mothers, although not all of us had significant relationships with them. Nonetheless, in some way or other you are a product of either your Mother's genes and or their nurture.

The opportunity to lead a healthy productive life is there for everyone. For those who can, think about how your growth experience impacted your Mental Wellness and what you can do to embolden your Mental Health going forward by being the best version of you that you possibly can. Finding the hope in your life is very powerful and with that hope at your side, you can change your life and the world at large for the better.

My Job as a UPS Cargo Agent by Oscar Morales



I work as a Cargo Agent out of JFK airport and have been doing that now for a couple of years. Working at my job involves much physical strength and a lot of patience especially when loading heavy and large equipment onto a truck or an airplane.

Heavy loads are very large in size and are often wrapped up in large plastic with straps that go on to a skid or platform. This is one of two methods of loading. I also remove boxes, bags of mail and various items out of the airplanes.

There are not too many airplanes going out these days, due in large part to the Covid 19 virus but people are starting to come back to work again. Hopefully we can and will be strong like New Yorkers tend to be.

Mouth Shut by Robinson Lorthe

Life hurts, little room to breathe,
 Life's hard, little room for ease,
 And if I could count how many times I've sighed,
 Antidepressants as an answer would be rather wise,

I'm under the guise, that hate circulates,
 From me included, the world seems to be stuck on blindness,
 Conspiracies in the back of mind,
 Yet, persecution because I may walk with light,

Hear my plight, because this struggle is real,
 I've no choice but to keep my mouth shut, just to survive, I feel,
 Hurt my feelings, but apparently the healings',
 Coming from nearly daily looking at the ceiling,

It's a must, that I keep myself cooling,
 Because hatred and anger has got to be related to self fooling,
 I'm free, I'd like to think I've escaped from a plantation,
 Said "no" to power on numerous occasions...



Whatever integrity I have by Robinson Lorthe

Words will create. Words will destroy.
 The hero of the story. The soul of a boy.
 Innocence unable.
 To be so detached.
 Praying for the day.
 I may dodge God's wrath.

Devils in disguise. Deceptive with the message.
 Because if I walked their way. It would be depressing.
 But no. My walk isn't with braces,
 And hollywood spirits torment, because of dream chasing.

Learn to say no. Say no to drugs.
 Say no to industry.
 Say no to their hugs.
 I refuse to sellout.
 Regardless of what they say.
 Better to have soul, better to walk with grace.

Pray for redemption. Pray for redemption.
 Devils in disguise, she-devils want attention.
 You could win round 1. You can win round 2.
 End of the day you'll never be chosen few.



Dead on Inside by Robinson Lorthe



Dead on the inside, awaiting for some kind of life,
 Body walking on 2 feet, feels like I'm still alive,
 Love still in my heart. I feel it for many,
 But yet some still want for my thoughts a penny...

The money that I'm lending, I'm expecting this week,
 I try to do it freely, but it's still a money back guarantee,
 I'm travelin' free, soul like a bird,
 Beak to the sky like I escaped the house, from the herd,

Fear inside my vessel, with the flesh I wrestle,
 I try to replace a vexed flow, with one that is mellow,
 Burned out from the art, i look very much forward to a day where I may restart,

It's maniacal, my arrival goes,
 Unnoticed by many, or so I would assume,
 Chaos and disorder, searching for peace,
 I'm praying for salvation not doom.



Invega by Robinson Lorthe

My 3-month injection,
 How I used to reject it,
 Experiencing hallucinations,
 Feelings exacerbated,

I'm living in the nation,
 The land of free?
 I used to ask, why are they medicating me?

I love the feeling,
 Of being on this drug,
 It's more than a healthy love,
 Like extra kisses and hugs,

And I pray for redemption,
 But until an appointed time?
 The tranquilizing effects,
 Feel so darn divine,

The stars do align,
 The peace starts to begin,
 The harmony exists and it feels heaven sent,

So whatever you consider this,
 A rhyme or a rap,
 Please, tell whoever invented Invega,
 That I would like to give them dap.



Division by Robinson Lorthe



I sense division, I sense division,
More than just between atheists and christians,
Politics. News. The time that we live in.
Field vs. House. Hard to tell who's the villain.

I sense an answer. I sense an answer.
And his name ain't Trump. Take it from a feeling Cancer.
The savior's name. Maybe he will show us who.
When he comes from the sky, exactly who're his chosen few.

Chaos in the streets. Conservatives vs. Dems.
Brother, pick a side, before it's too late to repent.
And if my words come off at all, like they're heaven sent.
Then please let them fly, like my name was Clark Kent.

I kind of have a thing for signs.
Because it's rewarding to be a nobody in these dark times.
No one coming after me, because like that, I don't shine.
So let me wait in my cave, until the Most High.

Reveals himself.

Or throw me into a mental hospital and give me Risperdal.

What waste of talent, intellect, and 6 foot tall.

But at least, I have faith.

Mental Health Awareness Month

By Bianca Simmons



When dealing with Mental Health it can be difficult to allow yourself to feel good in any aspect. This can ultimately affect your daily life and continue to creep in and impose on the simple things that make you happy. While there is no clear solution for a mental illness, being aware of mental health itself and how it affects others is important. The Month of May, since 1949, has been dedicated to raising awareness about mental illnesses, the difficulties of living with them, and the approaches for achieving mental well-being.

In our Clubhouse we have teamed up to create an Anti-Stigma Mural, while inviting legislators such as Sandy Nurse in to our Clubhouse to collaborate with us on May 30th, 2024. Together we all painted individual canvases portraying what we feel that destigmatizing Mental Illness is. The Members used their emotions and thoughts to paint images that signified the unity of those on the path to recovery. Together we were able to have those important, yet hard, conversations about mental health and what it is like to live with the illness and being stigmatized through the recovery process. Members shared experiences of how they persevered through life events that led them to the Clubhouse, which has been a tool for them in their recovery since. Overall, it was successful and Members and Staff alike were able to create beautiful images that will later be put into a mosaic style mural in our lobby. *(See Mental Health Mural Art Creation images on Page 6)*

Clubhouse Giving Day June 4th, 2024



DONATE!

JUNE 4, 2024

[CLUBHOUSEGIVINGDAY.ORG](https://clubhousegivingday.org)



**CLUBHOUSE
GIVING DAY™**





**BCS GREATER HEIGHTS
CLUBHOUSE**

*Clubhouse Giving
Day*

Help us reach our \$28,000 goal as we have
achieved 28 years of reaching greater
heights!



Scan the QR code to go straight to the CH Giving Day page!



Greater Heights Sports Column

MLB

The Major League Baseball season is more than a third of the way through and the New York Yankees have the best record in the American League at 41-19. Only the National League leading Philadelphia Phillies with an MLB best record of 41-18 have a better record than the surging Yankees. It is a remarkable performance by the Bronx Bombers who have had to go the entire season without their injured Cy Young award winning Ace Gerrit Cole. Despite this, their pitching has been great and Rookie Luis Gil is pitching at a Cole like level with a 7 and 1 record and a 1.99 E.R.A.. Superstar Aaron Judge had a stunning month of May and broke Babe Ruth and Lou Gehrig's Yankee May co-record of 24 extra base hits by knocking out 26 extra base hits (including 14 Home Runs) during the month. The Mets have been playing poorly and were just 9 and 19 in the month of May and have an overall record of 24-35.

NFL

The NFL draft happened from April 25th through April 27th. To see how the local Giants and Jets did please turn to page fifteen of the Newsletter to read our Member Miguel Cordero's draft summary. Beyond the draft, both the Jets and Giants are preparing for the regular season with expectations of having their QBs return from serious injuries. How both Aaron Rodgers and Daniel Jones bounce back will be a key factor for the success of both teams' upcoming seasons.

NBA

The NBA finals are set to start Thursday June 6th and will feature the Eastern Division Champion Boston Celtics, led by Jayson Tatum, versus the Western Division Champion Dallas Mavericks, led by Luka Doncic and Kyrie Irving. The top seeded Celtics have won twelve of their fourteen playoff games thus far, including a sweep of the Indiana Pacers in the Eastern Conference Finals, on the way to the Championship round. Along the way they also defeated the Miami Heat and the Cleveland Cavaliers, both in five games. The fifth seeded Mavericks beat the third seeded Minnesota Timberwolves 4 games to 1 to reach the finals. On their road to the finals the Mavericks also defeated the fourth seeded Los Angeles Clippers and the number one seeded Oklahoma City, both in six games. The local New York Knicks played valiantly during the Postseason despite a plethora of devastating injuries, but ultimately fell to the Indiana Pacers in seven games in the Eastern Conference Semi-Finals. Knicks Star Point Guard Jalen Brunson was truly outstanding during their thirteen game playoff run, averaging 32.5 PPG and 7.5 APG.

NHL

The New York Rangers, the President's Cup winner, made a strong run throughout the Playoffs behind the brilliant goaltending of Igor Shesterkin but ultimately fell to the Florida Panthers in six games in the Eastern Conference finals. The Panthers are going to the Stanley Cup Finals for the second consecutive year, where they will meet either the Edmonton Oilers or the Dallas Stars out of the West. Currently the Oilers lead that series 3 games to 2. The Stanley Cup Finals will begin on Saturday June 8th. On the local front the New Jersey Devils did not qualify for the playoffs but did hire a new head coach, Sheldon Keefe, on May 23rd. The New York Islanders fell in the first round of the playoffs to the Carolina Hurricanes in five games.

The American Triple Crown of Thoroughbred Horse Racing

The first leg of the Triple Crown, the Kentucky Derby, was run at Churchill Downs in Louisville, Kentucky on Saturday May 4th. Mystik Dan an 18 to 1 longshot received a brilliant ride by Jockey Brian Hernandez to hold off hard charging closers Sierra Leone and the Japanese invader Forever Young by two scant noses for a thrilling victory in America's most famous Horse Race. Mystik Dan was trained skillfully by veteran Kentucky trainer Ken McPeck who did a great job of having him at his best. Two weeks later on May 18th Mystik Dan returned to the track at Pimlico Race Course in Baltimore Maryland for the second leg of the Triple Crown, the Preakness. Mystik Dan ran well in the Preakness, but finished second behind the 9 to 1 upset wire to wire winner Seize The Grey. Seize the Gray was trained by the legendary Hall of Fame Trainer D. Wayne Lukas. At the age of 88, Lukas became the oldest trainer of a Triple Crown winning Horse. Seize the Gray was ridden expertly by 25 year old Jaime Torres. Preakness winner Seize the Gray and Derby winner Mystik Dan are currently on course to meet in the Belmont Stakes to be run at Saratoga on June 8th.

Advisory Board Column

May 2024



Pictured left Advisory Board Chair Michael Ryan speaking at the recent Economic Expo

The Advisory Board remains active in its attempts to help the Clubhouse grow and move forward as it heads into its new protocols under its upcoming contract. To that end, our Advisory Board Chair Michael Ryan attended the Greater Heights Clubhouse 12th Annual Economic Empowerment Expo on May 22nd and talked about Advisory Board Recruitment to the Expo Attendees. His speech seemed to be appealing, as three of our Expo Vendors made inquiries on how they could be part of the AB moving forward. Having a strong and active Board is a key component to being a successful Clubhouse. Please join our Board and help us to make our Clubhouse thrive.



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.*

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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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