

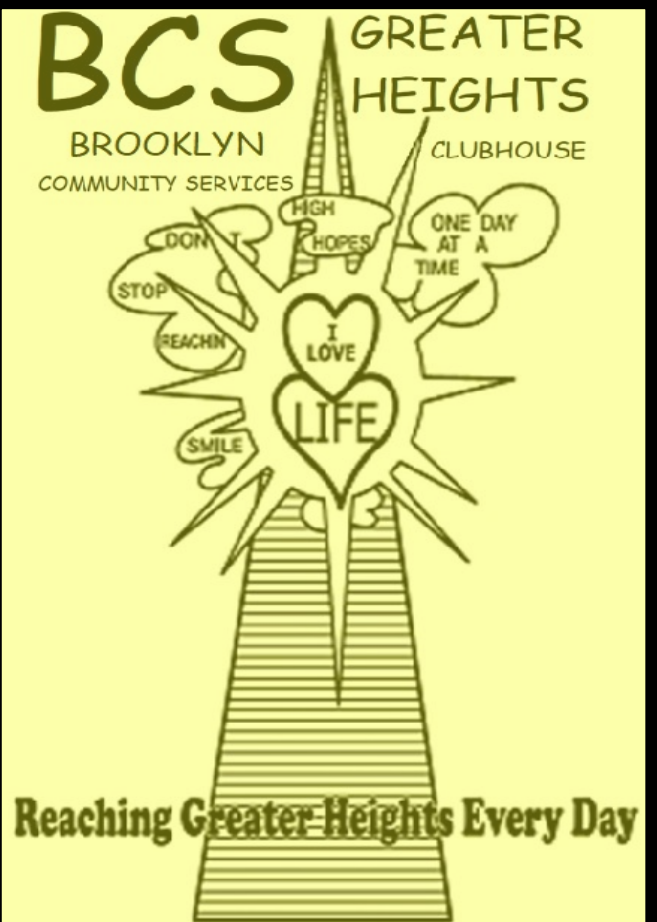
Brooklyn
Community
Services

Newsletter Edition #6 of 2024 June 30, 2024



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Month of June

June 5th was World Environment Day—a day meant to raise environmental awareness across the globe.

June 8th this year was Belmont Stakes Day. The Belmont Stakes has been traditionally run at Belmont Park in Elmont, New York five weeks after the first Saturday in May. It is the third and final Jewel of Thoroughbred Horse Racing's coveted Triple Crown. This year however due to a two-year reconstruction project to the Belmont Park Grandstand the Belmont Stakes was moved to Saratoga Race Course in Saratoga Springs, NY. Due to the configuration of the Saratoga track the Belmont's traditional 1 1/2 mile distance was shortened to a 1 1/4 mile.

June 14th was Flag Day (U.S.). Be sure to raise the flag! Learn about the U.S. Flag Code, which provides guidelines for displaying the American flag properly.

June 16th was Father's Day this year. Father's Day is celebrated on the third Sunday in June every year. On this day families traditionally get a chance to acknowledge their fathers and all of their contributions and sacrifices they make to raise their children. Cards are often given and a festive meal or a barbecue might be shared with Dad!

June 19th was Juneteenth (also known as Freedom Day or Emancipation Day). On this day in 1865, Union General Gordon Granger read the Emancipation Proclamation aloud in Galveston, Texas, effectively liberating enslaved people in the state, which had thus far been beyond control of the Union Army.

June 20th this year was the summer solstice, which heralds the start of summer in the Northern Hemisphere. It's the day with the most hours of daylight, so enjoy! In the Southern Hemisphere, winter begins at this time.

June is (LGBTQ) Pride Month celebrated each year in the month of June to honor the 1969 Stonewall Uprising in Manhattan. The Stonewall Uprising was a tipping point for the Gay Liberation Movement in the United States. Today, celebrations include pride parades, picnics, parties, workshops, symposia and concerts, and LGBTQ Pride Month events attract millions of participants around the world. Memorials are held during this month for those members of the community who have been lost to hate crimes or HIV/AIDS. The purpose of the commemorative month is to recognize the impact that lesbian, gay, bisexual and transgender individuals have had on history; locally, nationally, and internationally.

Thomas Russo Education Update an interview with Leon Sims

Editor's Note: Thomas recently finished his first semester at LaGuardia Community College and did extremely well there.

His friend and fellow Clubhouse Member, Leon Sims, sat down with Thomas to discuss his educational path and see how school has been going for him.



Leon: What school have you been attending?

Thomas: I attended LaGuardia Community College.

Leon: What's your major?

Thomas: My current major is Therapeutic Recreation.

Leon: Why did you choose that major?

Thomas: I like to help people who have issues with mental health.

Leon: How has your experience been so far?

Thomas: I found it to be very resourceful.

Leon: What have you learned?

Thomas: I have learned to be more responsible and that hard work pays off.

Leon: What are your future plans?

Thomas: To be a productive member of society.

Leon: Are you going back to school next semester?

Thomas: Yes, I love school and I know education is power.

Rally at City Hall for Extending Clubhouse Contracts and Stopping Cuts to HIV Funding



On Tuesday June 11th there was a rally on the steps of City Hall to advocate to keep Nine existing NYC Clubhouses, who did not receive contracts under the recent RFP awards, open and running through at least the next fiscal year. The rally was co-sponsored by both the Emma Bowen Community Service Center and the Gay Men's Health Crisis (GMHC) and combined the rally's initiatives of Clubhouse contract issues and the City's proposed cuts to HIV/AIDS programs. A large contingent of people came to the rally from the Rainbow Clubhouse and there were a good number of people from Lifelinks Clubhouse there as well.

Our Greater Heights Clubhouse Member Ronnell Lovett attended and participated in the rally. "I thought it was important for me to be there. I like to be up on things that are going on, that affect Clubhouses throughout the city and also things that can affect other Communities that are in need. I don't understand why the city would cut funds to important HIV programs. I also support all the Clubhouses in NYC, because everybody should be entitled to have their own Clubhouse remain open. I am again putting my voice out there to say, Don't Shut Clubhouses Down!!!!"

There were many effective speakers at the rally. Council Member Linda Lee Chair of the Mental Health, Addiction and Disabilities Committee and Council Member Gale Brewer made valiant calls to keep the nine non-contracted Clubhouses open. Public Advocate Jumani Williams issued a letter to the Mayor and NYC DOHMH advocating for funding for the non-contracted Clubhouses through June of 2025.

Council Member Erik Bottcher spoke out about the danger of the cuts to HIV/AIDS Programs and Manhattan Borough President Mark Levine spoke about how these Programs for HIV/AIDS and Clubhouses are essential to the overall wellness of Manhattan.

In addition to the speakers who held Public office, there were many, both Members and Staff, who spoke about their Clubhouses and why they were so important. Also there were a good number of HIV/AIDS Program advocates who gave impassioned pleas about what their Programs mean to the community. Hopefully NYC listens to all the wise voices at the rally and does the right thing!

The Start of My Life, Again by Miguel Cordero



Being in a place for so long, you go through many modes and moods. That's what I went through and felt throughout my time as an inpatient. I knew in my mind that everything was for my better well-being, but it was just way too long. Well, enough about the in. Let's talk about the out.

The day I became an outpatient (April 9th 2024) was the happiest day of my life. Not only because I was out, but because finally my life was going to start, again. It's been, more than anything else, very relaxing. I cherish the time spent with family and friends. I love the freedom to do what I want (with decency) and yet still maintain my responsibilities of following my treatment. It took me a week to convince myself that I didn't have to return to the hospital.

Let me explain: I used to get home passes but had to return back to the hospital. I'm enjoying my reward for taking care of my responsibilities like: taking my medication, monitoring my behavior and keeping on top of any medical issues that may arise.

That all said, nothing beats eating, sleeping and going out whenever you please.

Jonathan Glass

Jazz Artwork



For approximately 28 years Jonathan Glass, a Greater Heights Clubhouse Member, has combined his passion for Jazz music with his immense talent for sketching. While attending their live performances, he has drawn many of the most renowned Jazz Artists in the world. Above is a Jonathan Glass drawing of the Kenny Barron Quintet from a performance they did at the Village Vanguard in 2023.

The Beauty of The Botanical Gardens

by: Lavelle Lockett

On Thursday June 20 2024, It was me (Lavelle Lockett), Calvin Franklin, Ronnell Lovett, Juanita Mills, Timothy Dabriel, Ross Wade, Doris Thomas, and Jennifer Moreno that took a trip from the Greater Heights Clubhouse to the Brooklyn Botanical Gardens. We had snacks and water prepared for ourselves and then we took the J Train to the stop on Canal Street. From there we took the Q Train to the Botanical Gardens. When we got there it was still hot, but some of us still pushed through the heat and some of us just couldn't. We managed to see flowers and take a lot of pictures. It was so hot outside that some of us even went under the sprinklers that they use to water the plants.

Then we had our snacks and drank the ice water as well. After that, we kept walking and took some more pictures which was a whole lot of fun. When we got to the end of the Botanical Gardens, we were tired, but like the saying goes all good things must come to an end. Overall it was a great trip and much fun.



Member of the Month Timothy Dabriel



It was just last fall that Timothy Dabriel joined us here at the Greater Heights Clubhouse. Since he started to attend here, Timothy has been a positive force at the Clubhouse.

He is an excellent worker and works hard whenever he takes something on. His positive attitude impacts others and he is well liked by pretty much everyone at the Clubhouse. Timothy participates on a high level here and throughout this newsletter you will see evidence of that.

Whether it is being a Model at the Employment Dinner Fashion Show, going on the community walks and getting Ice Cream, working on his Resume at the Deloitte employment event or going to the Brooklyn Botanical Gardens, Timothy has been an active participant. Most importantly, Timothy cares about others and has a kind and generous heart. Said simply, Timothy is the type of person that makes the Greater Heights Clubhouse a greater place to be. For all of these reasons and more, he is our Member of the Month for June of 2024.

Tyrone Garrett on NYC Clubhouses



Editor's Note: Tyrone Garrett has been a valued Member of the East New York Clubhouse (now known as the Greater Heights Clubhouse) for many years. He worked for a longtime as a Peer Advocate and knows the Mental Health system very well. He has lived in Florida for a number of years now, but gets the New York Post on-line and read and responded to their June 10th article about the Clubhouse funding controversy going on in NYC. He has generously shared his written response to the New York Post here.

A former longtime clubhouse member in recovery, I had a feeling that this would eventually happen but I was hoping that I was wrong. The Clubhouse model, initiated by Fountain House, helped my life and the lives of countless New Yorkers on the road to mental health, wellness, and stability. Then the City began to require Clubhouses adhere to a model called PROS (personal recovery oriented services), which I felt, did not improve or add to the Clubhouse model, but was billable for Medicaid and healthcare providers.

Apparently that revenue stream is no longer good enough because now the City is cutting funding to most Clubhouses altogether and planning on creating larger Clubhouses, where that connection of “members and staff working together” (a Clubhouse motto) will be watered down, if that concept continues to exist at all.

This is to the detriment of all Clubhouse members seeking a genuine and meaningful recovery. So now we must add Clubhouses to the list of declining systems in New York, alongside the deteriorating education system, the worsening housing crisis, the laughable criminal justice system, etc.

I live in Florida now and the closest Clubhouse to my home is over 50 miles away, and I'd gratefully drive that distance every day if I had to. For NYC to commit this disservice to the thousands of New York City residents that require this assistance is a tragedy.

Life in My New Apartment

By Tanya Diego



Hi my name is Tanya Diego and I now live at my new apartment located at 2525 Beverly Road. I moved in there on June 10, 2024 and so far I am very happy.

I am going to tell you a short story about myself and my new life inside the apartment. My roommate is a very nice person and although she comes and goes, whenever I need something like cooked food or if I ask to use one of her food utensils, she is always generous and helps me out.

I also love having my own space, where I can watch old time shows and also the news. It is great that I can sleep whenever I feel like it, without being bothered. I now am getting used to travelling to my new home. I sometimes ask people for directions whenever I need to find my place and people are helpful.

I really enjoy having my own space!

Editor's Note: Getting this new apartment for Tanya is the culmination of a protracted housing search that she has worked on for a long time. Kudos to her for her determination and resolve with this process. May she always thrive living in her new home and have much happiness there!



Deloitte Career Building Day at the Greater Heights Clubhouse



For the third consecutive year a team of Deloitte professionals volunteered and came to the BCS Greater Heights Clubhouse to work with individual Clubhouse members to strengthen their employment skills. They did this on Friday June 7th as part of the Deloitte annual Corporate giving day. While at the Clubhouse, the volunteers assisted our Members with resume and cover letter writing, online job application support, and did some mock interview practice. The Members who participated in the day, expressed that they got a lot of the event.

We like to give a special shout out to our Deloitte contact, the wonderful Advaita Anne, for continuously advocating for the Clubhouse and being such a great volunteer coordinator.

My Internship at Catholic Charities Open Door Psychosocial Club by Tineka Johnson



On Wednesday, February 21, 2024 I went to an Internship Fair hosted by Howie the Harp Advocacy Center's Peer Training Academy. This was my second time at their Fair to look for an internship that I needed to finish the program, and to become a Peer Support Specialist.

I ended up interviewing with the Catholic Charities Open Door Clubhouse. It was one of the same sites that had caught my interest the first time around, and to my surprise, they thought I was a perfect fit for their organization. After a necessary background check and fingerprinting, which took about a month or so, they gave me my start date.

On Monday, April 29, 2024, I started my twelve week internship as a Peer Support Specialist Intern for the Open Door Clubhouse, located at 2037 Utica Avenue, Brooklyn, New York 11234. The Open Door Psychosocial Club is a rehabilitation center that provides services to its Members, all of who live with serious and persistent mental illness. The overall goals of the program are to enable healthy socialization within the community, develop work skills, improve independent living skills and reduce psychiatric hospitalizations.

I have been a Peer Support Specialist Intern for eight weeks now and being with this organization has been a great learning experience. It reminds me how important having a Clubhouse to call your own can be. I do things at the Open Door Psychosocial Club that I've done at my own Clubhouse; BCS Greater Heights. I run community meetings sometimes and every week I run different groups; such as medication management, relapse prevention planning, phobias/fears, and harm reduction to name just a few. I do reach out calls every day to let Members know that the Clubhouse is thinking about them.

Now, I have a small case load of members who I reach out to and do telehealth sessions with, and everything needs to be documented and signed by my supervisor. I love what I do and being a Peer Support Specialist has proven to be an effective support for those who are working on a comprehensive path to recovery. "I want to be that hope for people; by letting them know that no matter how far down you have fallen, you can always get back up."

A Visit to the Hudson Valley Clubhouse by Bill Lampert



On Thursday June 7th I was able to stop by the new Hudson Valley Clubhouse in Poughkeepsie, New York on my way up to Saratoga Springs for the 2024 Belmont Stakes. Former East New York Clubhouse Director Blaise Sackett is the Director of this new Clubhouse and they are growing at a nice steady pace since they opened their doors less than a year ago.

The Members there are great and the Clubhouse spirit is really welcoming and positive. I was able to eat lunch there and the food was delicious. I also got to see the first edition of their Clubhouse Newsletter and it was really terrific.

There is a real sense of pride, about their Clubhouse, among their Members, and I am looking forward to doing a visit there with a group of our Members from the Greater Heights Clubhouse really soon. It seems to be a very exciting time at the Hudson Valley Clubhouse as it looks clear that they are building something very special in Poughkeepsie.



Clubhouse Birthdays



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

July Birthdays

Larry 7/2

Leon 7/2

Kadisha 7/3

Stefanie 7/4

Mariya 7/5

Eugene 7/9

Greigh 7/10

Robinson 7/12

Leroy 7/12

Suzette 7/14

Fahim 7/14

Delisa 7/15

Kelly 7/16

Shaka 7/17

Sal 7/18

Tawanna 7/20

Mikhail 7/22

William C. 7/24

Eden 7/27

Kenny 7/28

David P. 7/28

Juanita 7/30



Getting to know Our New Member Malcolm Neal by Michael McBean



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

Malcolm: The hospital social worker told me about the Clubhouse.

Michael: How long have you been coming here?

Malcolm: I have been coming here for about one month.

Michael: How has your experience here been so far?

Malcolm: I like it here, I like the staff and the food is not bad.

Michael: What are some of your interests or hobbies?

Malcolm: I want to work and I enjoy watching television.

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

Malcolm: I want to work and spend time with my son.

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

Malcolm: I very much want to work, to make money and get discharged from the hospital.

Getting to know Our New LIU OT Intern Jennifer Moreno by Michael McBean



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

Jennifer: “My school, LIU coordinated it for me. I was placed here by my professor.”

Michael: How long have you been coming here?

Jennifer: I have been here for about 6 weeks now.

Michael: How has your experience here been so far?

Jennifer: It has been very rewarding. “I love it here “and I am learning so much from everyone.

Michael: What first drew you to becoming an OT?

Jennifer: So about 20 years ago I had psoriatic arthritis and lost function in my left hand. It was then that I first learned a lot about OT as a patient. Then thru further research, I learned about holistic therapy (background, motivations). I learned that everyone is different. I love the chance to be creative in treating people through OT work. I also love the uniqueness of the discipline.

Michael: What are some of your interests or hobbies?

Jennifer: I am interested in cooking, gardening (vegetables), listening to music, dancing and learning new things.

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

Jennifer: Yes, I hope to go into hand therapy and open my own OT practice. Most of all I hope to be able to travel to countries that don't have OTs, like in Ecuador (my parents' homeland). I also want to be an advocate for people with disabilities!

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

Jennifer: Yes, I would like to share a piece of advice:

“Don't be afraid to try new things. I was scared to go back to school but I learned not to be afraid and it really paid off!”

On Finally Going Home

by Leon Sims



My name is Leon Sims and I am currently in Kingsborough Psychiatric Center. These last few weeks have been amazing. I went home for the first time in ten years. I really am getting to enjoy my new found freedom. Now I am able to go home for the whole day, then step up to overnights, then do Fridays to Mondays, and after that step it will be finally time for discharge.

It's good to spend time with my loved ones. I am truly blessed to have people who care and understand me. My support team has played a major role in my recovery. The last time I was in my neighborhood I was symptomatic. Now that I'm symptom free, it has been a really great feeling to be back. I have realized that freedom and treatment go hand and hand.

As long I put my treatment first, I can enjoy my freedom.

I never cherished things as much as I do now. Sometimes we take minor things for granted, and I have done that. Now I am on the right track and getting adjusted to being on the outside. Just being able to eat what I want, shower by myself (taking one any time of the day), going to the store, having people who care and treat me as a human, and having people not judge me or degrade me because of my diagnosis, is a blessing. I love freedom and I love my support system, which includes my family, friends and my girlfriend. I am focused on the bigger picture and I'm glad that I have a second chance!

Community Walk and Our Ice Cream Adventure by Timothy Dabriel



On Friday June 14, 2024 we went on our second community walk. We walked as a group. Jen and Doris led the group. We listened to music on Lavelle's phone and his speaker as we walked through the park.

We wound up walking to Lady Moo Moo, a local ice cream shop. Eleven of us walked there, and we were excited to go.

We all tried different flavors and toppings from the Lady Moo Moo menu. The owner at Lady Moo Moo was generous, giving us free ice cream and letting us pick out our favorite choices.

Community Outreach Event by Geraldine Ray and Jennifer Moreno



On Saturday June 8, 2024 Geraldine Ray, Ronell Lovett and I went to Starrett City Shopping Center for a community outreach event. We set up a table with flyers to promote and share information about the Clubhouse with the community there.

We also got to spend quality time together and had a fun day. Overall it was a great event and the opportunity to work together was a great thing for all of us.

My Story by Stefanie Cordero



Hello Members and Staff,

My name is Stefanie Marie Cordero

My mother's name was Ronnie Ellen Cordero

I am 52 years of age

I am the first born in my family

I was born on the 4th of July 1972

My mother had three beautiful children

My father's name was Jose Cordero

He was my hero

My grandmother had three grandchildren

My mother had two beautiful grandchildren

My Parents Anniversary by: Leon Sims



My parents have been married for 39 years. Their anniversary is on June 9 and got married in the year 1985. They really inspired me to treat my girlfriend the right way. I love my parents so much. They both grew up in Park Slope Brooklyn. My mom has known my dad's sister since kindergarten. My parents began dating each other in their teenage years. My mom told me that the thing that keeps their marriage strong is the fact that they are best friends. They love to go out on dates and keep their marriage fresh and vibrant. They attend plays, go see movies, go to Coney Island, go to old-school dances, and much more.

I love my parents so much and they inspired my brother and me to succeed, have healthy relationships, and accept people for who they are and not to judge them by their color or sexual preferences.

Throughout my recovery, my parents have always been there for me, even when I was at my worst. My appreciation for them is so high that words can't explain how much I love them and care about them. Shout out to Mr. Leon A. Sims and Mrs. Gail Leech-Sims! Thanks for everything!

Employment Dinner Fashion Show

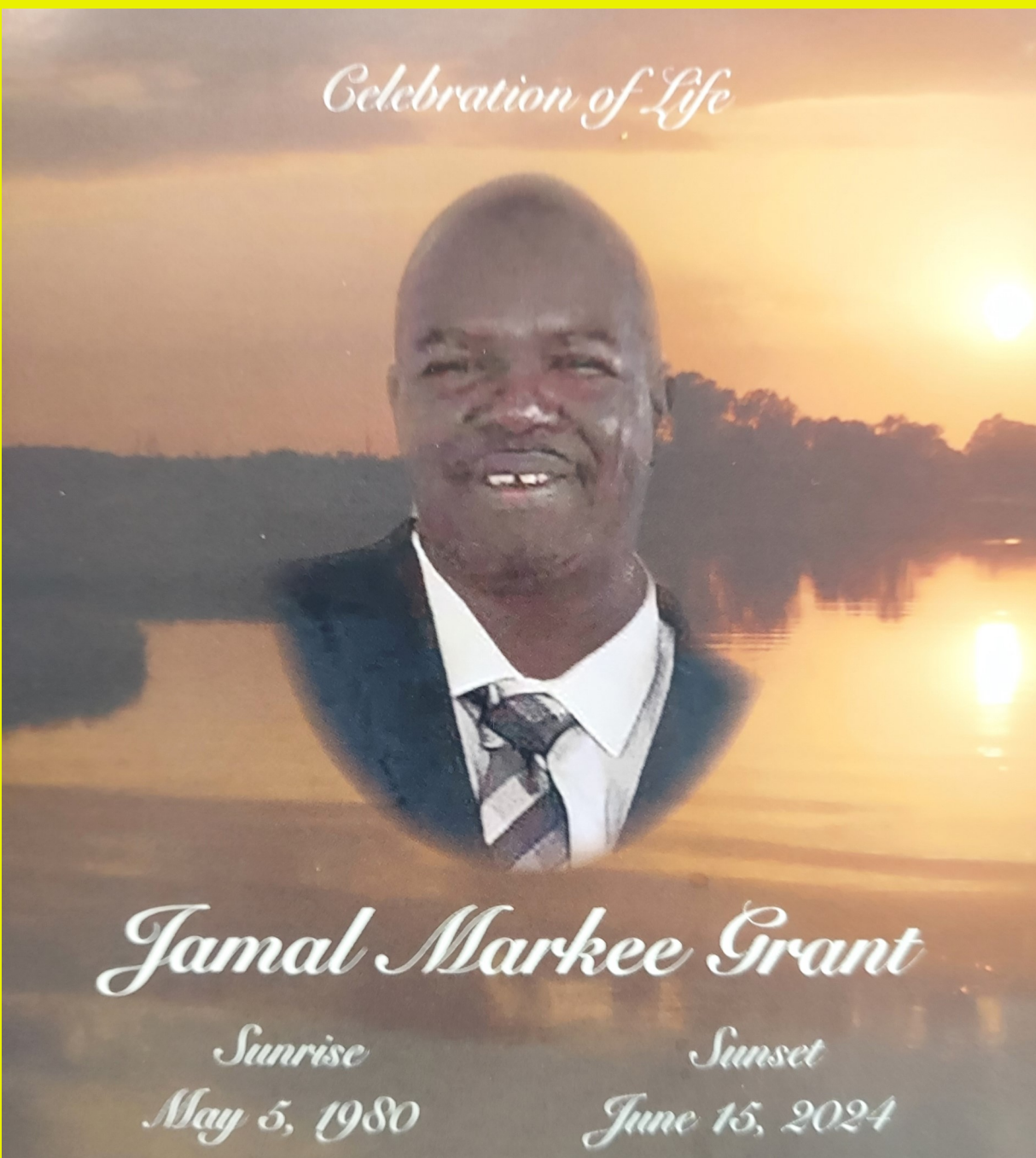
For almost a decade now our June Employment Dinner has been when we hold our annual fashion show. The idea originated with a Social Work Intern named Tanya Walker and it has become a staple among our yearly Clubhouse events. This year's runway Models did a great job and displayed a wide array of fashion choices, from the casual to the formal. All our Models displayed the inner confidence and poise that helps people to live successful lives. Kudos to our participants and thanks for being the beautiful people you are everyday.



Our Sincerest Condolences

All of us at the Greater Heights Clubhouse wish to express our profound sadness on the untimely death of our Director Katrina Grant-Rodriguez's beloved brother Jamal Markee Grant on June 15th 2024. A few of us were able to attend the funeral service for him and the outpouring of love and expressions of the deep impact he had on others was extremely moving.

Katrina, know that your Clubhouse Community here wants to support you and your whole family and is there for you in whatever you may need.



Trip to Coney Island With My Family by John Copeland



On June 2, 2024 I spent time with my family for the first time in a long time. It was so special to see them outside of the hospital. We spent the day in Coney Island. I had such a good time and it motivated me to continue doing the right thing. Just seeing the smile on my mom's face made my day. I look forward to spending more time with my family. Just seeing them made me more motivated. My dad and siblings were there too.

We ate good food and had a blast with each other. I am so thankful to have this second opportunity to live the right way. Treatment comes first, and if it doesn't then I won't be discharged and it will delay my chances of becoming a free man. This was just a taste of freedom and I love it!

History of Juneteenth

by: Juanita Mills and Leon Sims



Juneteenth is an official holiday through a bill passed by Joe Biden. It is the official day that all slaves were freed. Although certain states freed their slaves, Texas still had slaves illegally. Juneteenth is also known as Juneteenth Independence Day or Freedom Day. It is named Juneteenth because it was the final abolishment of slavery which took place on June nineteenth.

On June 19, 1865 Union General Gordon Granger arrived in Galveston, Texas, to inform the more than 250,000 African Americans who were still enslaved there that they were free. Although President Abraham Lincoln passed the Emancipation Proclamation in January 1863, Texas still had slaves. It took two and a half years to finally abolish slavery throughout the entire country.

Juneteenth is now celebrated with parties, parades, cookouts, concerts, and other events affirming Black culture. We are happy to celebrate this holiday and thankful that President Biden passed this bill which enabled it to be a federal holiday.

On BCS PROS

by Tanya Diego



BCS PROS is a program that gives you the chance to speak about all the issues you are going through in your life. There are people there that share their opinions and answer your questions.

I like BCS PROS so much because it helps me to deal with all the problems I go through each day with my family. I also enjoy the groups that I attend there and it helps me release my stress and also gives me a way to let out things that I otherwise would not be able to express.

The bottom line for me, is that BCS PROS is the greatest!

Can our Planet Survive?

by Juanita Mills



Can our planet survive?

The earth is full of what you have made. There is the sea, so great and wide, teeming with countless living things, both small and great.

Each year, billions of trees are cut down, mostly to clear land for agricultural use. Since the late 1940s, half the world's rainforests have disappeared.

Air pollution poses a deadly threat to life on Earth. Only one percent of the earth's population is breathing air that meets the World Health Organization safety standards.

We need air, but not just for breathing. Air shields our planet from most of the sun's harmful radiation. Without air, temperatures around the world would plunge to below freezing.

What does the future hold for our Planet?

We need
Fresh water,
Pollution Free Oceans,
Well Managed Forests &
Breathable Air to survive.

Happy Father's Day to My Awesome Dad

by Leon Sims



My dad has always been one of my heroes. I feel blessed to have him as my father figure and role model. Many might not know, but my dad dropped out of school at an early age. That didn't stop him from reaching success. He began by working as a messenger, and delivered packages for a living. Eventually he began to work as a salesman for a graphic design company. Although he had that job, he still wanted to build generational wealth for my family.

He then became vice president of a company called Extreme Digital and helped me get my first job. I organized paperwork which consisted of invoices, pay checks, bills and other important documents. He was making a lot of money, until the company closed. My dad was always business oriented so his last job was him owning a small graphic design company.

He has me and my brother tattooed on his left bicep. I have had so many fun times growing up and I get my personality from him. We both love to make people laugh, bring positive vibes and we are both extroverts. When I need something, he has always had my back. I've learned so much from him and I'm proud to have his first name as mine (Leon). I owe a lot to my dad, but all he wants me to do is stay focused and succeed. Thanks for being there dad!



Your Smile Enlivens the Room by Robinson Lorthe

Your smile enlivens the room
 Your exotic look is coming soon
 We have us an appointment but it's not secret
 And even if it was I promise I wouldn't leak it
 Fear comes through because I am scared of falling in love
 With someone involved in my wellness
 Symptoms go away but why can you not be my antidepressant

I am stressing
 The possibility that you and I could last a while
 But you're taken and I wouldn't be surprised if you even had a child

These are my thoughts, I covet like a fiend
 Off all these drugs with your help I can wean
 Please understand, i know this is crazy sounding
 But I guess I will have to respect professional boundaries

The Inner Gangster by Robinson Lorthe

The inner gangster, burns psychopathic,
 The sensation, the desire of head bashing,
 The passion for vengeance, awakens to the salesman,
 A healthy way to express, akin to eating kale plant...

It's good for the soul, bones come alive, opposite of Book of Job,
 And one day I may have no worries,
 Casting crowns and wearing a white robe,

It's different, the peace I get from being assertive,
 I could expose a behavior, and their mind gets alerted,
 Psychiatric conditioning finally paying off,
 Come a long way from resentment and a scoff,

Talk nice, talk smooth, as a natural habit,
 Works like a charm, pull out a white rabbit,
 From the hat, smooth operating craft,
 But it's not quite deceitful, leadership can be quite rash

Definition of an Emergency by Robinson Lorthe

I guess the definition of an emergency
 May have to be elaborated on, 'cuz this burden is hurting me
 Constantly on edge that i will fall prey
 To another man's insecurity any time of day

It makes me dwell on my psychopathic tendencies
 Because a roommate situation can often feel like enemies
 Food crumbs on the table and the floor
 Mice, rats, roaches, and a centipede

It's entities, that walk on two legs
 And a dark corrupt spirit a heart hole that has no end
 Like the giants of the old days
 Old timers may not even understand, with a confused gaze

I see dead souls on the daily
 It's not my choice, call it schizophrenia,
 A free bird wannabe, i like my freedom
 So please don't weigh me down with this drama you're bringin'



Greater Heights Sports Column

MLB

The Major League Baseball season is hitting the halfway point now and the locals have seen a bit of a change in fortune during the last month. The New York Yankees have seen a drop off with their starting pitching, despite the recent return of Cy Young winner Gerrit Cole, and lost both First Baseman Anthony Rizzo and DH Giancarlo Stanton to injuries. Since June 12th, when they were a season high of 28 games over five hundred at 49-21, the Yankees have slumped, losing eleven of their last sixteen games and dropping just behind the Baltimore Orioles in the American League East. Their crosstown counterparts the New York Mets seemed dead and buried at the end of May, However, they have seen a revival in the month of June and have one of the best records in baseball this month. The return of catcher Francisco Alvarez, the hitting of DH J.D. Martinez, the bat of rookie Third Baseman Mark Vientos and season turnarounds by Shortstop Francisco Lindor and Outfielder Brandon Nimmo have helped turn the meager Mets offense into a potent high scoring dynamo. They scored 21 runs in their two game sweep of the Yankees at Citi Field this week. All of this, has put the Mets back at five hundred with a record of 40-40 and has them looking at a possible wildcard berth. R.I.P. to the legendary Say Hey Kid Willie Mays. The undisputed greatest living Baseball player passed away on June 18th at the age of 93.

NFL

The various NFL teams have been putting their rosters and plans together preparing for their runs at Super Bowl 59.

NBA

The NBA finals was not overly competitive as the Boston Celtics dominated the Dallas Mavericks, winning the series 4 games to 1. The Celtics were the dominant team throughout the regular season and the playoffs proved no different as they won 16 of their 19 postseason games on their way to their record 18th NBA title. The NBA finals MVP went to Celtics Shooting Guard Jaylen Brown, who played a terrific series. The local Knicks and the local Nets entered in a big trade on June 25th The Knicks acquired Forward Mikal Bridges and a second-round pick from the Nets in exchange for Bojan Bogdanovic and five future first-round picks plus a future second-round pick. The acquisition of Bridges gives the Knicks yet another player with a Villanova pedigree. The Knicks followed up their acquisition of Bridges by signing OG Anunoby to a five-year 213 million dollar deal. On June 26th the NBA held the first round of their Annual draft. This was regarded generally as a weak draft but the Atlanta Hawks took French Forward Zaccharie Risacher as the first pick in the draft. The second pick in the draft was another French player Alex Sarr who was taken by the Washington Wizards. In fact there was a record four French players taken in the first round of the draft.

NHL

The Stanley Cup finals pitted the Eastern Conference Champion Florida Panthers versus the Western Conference Champion Edmonton Oilers. The series was a true roller coaster ride with the Panthers dominating early and winning the first three games to take a commanding 3 to 0 game lead. However the Oilers played with the heart of a lion and came roaring back to take the next three games to force a decisive seventh game. In game seven, the Panthers took a 2 to 1 lead into the third period and the Oilers were in attack mode throughout the final period. However the Panthers defense was brilliant and held off the Oilers final assault to win the game 2 to 1 and take the Stanley Cup. The Oilers defeat extends the streak of no Stanley Cup champions from Canada to an incredible thirty-one years. That fact is even more remarkable when you consider, that in the 67 years from 1927 thru 1993, Canadian teams won 41 Stanley Cups.

The 2024 Belmont Stakes

The winner of the Kentucky Derby, Mystik Dan, and the winner of the Preakness Stakes, Seize the Grey, met in the Triple Crown rubber match on June 8th in the Belmont Stakes. The Belmont Stakes was being run for the first time at historic Saratoga Racecourse in Saratoga Springs, NY. Due to a two year reconstruction project on Belmont Park's facility, the race was moved to Saratoga for this year and in 2025. Additionally, due to the configuration of Saratoga's dirt track, the race was shortened to 1 1/4 miles instead of the traditional Belmont Stakes distance of 1 1/2 miles. Despite the presence of both the Derby and the Preakness winners, Belmont Stakes favoritism fell to deep closer Sierra Leone, who was beaten in the Derby by a scant nose. As it turns out, none of these three horses factored in the race result. The 17 to 1 Dornoch was a game and determined winner by a half length over the inexperienced Mindframe who veered out sharply in mid-stretch and cost him a chance for the victory. Dornoch was trained by the sharp New York trainer Danny Gargan and was ridden very smartly by jockey Luis Saez. Dornoch is a full brother to 2023 Kentucky Derby winner Mage. This year's Triple Crown was won by three overlooked horses and has left the 3YO picture murky.

Advisory Board Column

June 2024

What is the Advisory Board and why do we have one? To answer this we will start with looking at standard number 33 of Clubhouse International's Standards for Clubhouse best practices.

33. The Clubhouse has an independent board of directors, or if it is affiliated with a sponsoring agency, has a separate advisory board comprised of individuals uniquely positioned to provide financial, legal, legislative, employment development, consumer and community support and advocacy for the Clubhouse.

Since we operate under the umbrella of Brooklyn Community Services, we don't have an Independent Board of Directors but instead have an Advisory Board. Our Members of the Advisory Board represent talent, wisdom and a commitment to the betterment of the Greater Heights Clubhouse. Having a strong Advisory Board is critical to our Clubhouse's success. If you or someone you know wants to be an Advisory Board Member, please reach out to us and let us know. We need talent and diversity of experiences to make our Board work well.



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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