

# Greater Heights Clubhouse

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Issue No.13 | January 2025

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## **Mission Statement:**

The BCS Greater Heights Clubhouse is a community-based rehab program for Brooklynites living with mental illness. While all members in the program have a history of mental illness, many of our members also face barriers like chemical dependency, illiteracy, housing and job insecurity. Members work through these challenges in our program, gaining greater self-esteem and fighting the stigma and social isolation associated with psychiatric illness.

Our unique, collaborative model allows members and staff to work side by side to run the daily operations of the Clubhouse, gaining essential life-skills that help participants in all areas of life. This clubhouse is accredited by Clubhouse International, which works to help people with mental illness achieve their social, financial, educational, and vocational goals.

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# Featured articles

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## The passing of Grandma Stukes

When I heard that you passed away, I was sad. Now you are in a better place, and I cannot replace a person as beautiful and kind as you. You had to leave this world so fast. I still love you, Grandma, and my heart still hurts from your passing. You are still my grandma, and my love for you never dies. Grandma, you are such a sweetheart, and I love you for that. I wish I could give you a kiss, but I can't. The only thing I can do is pray. I pray, Grandma, that you rest in peace and think of the good thoughts of your good granddaughter who is thinking of you when you were being buried in the cemetery out there in Queens.

If I have something to say to Grandma Stukes, you are a very beautiful woman. When I was a small baby, Grandma, you held me gently, and I was a beautiful baby. Grandma held me so warm and cozy. Grandma made me smile every day. Rest in peace!

Every day, I pray that you will be in heaven and I will be okay on earth. One day, I will feel better knowing you are watching over me like an angel with wings. You know what? I'm your angel, and I am protecting you from bad illness from hurting you. You know what, Grandma Stukes? No matter what, you are the sunshine of my life. I still love you as my grandma. I promise you that I will take care of myself, including my sisters too. Grandma, if you are hurt, let my father know, and he will take care of you in heaven. But you passed away, and all of that is gone forever. I love you!

Rest in peace: Josephine Taylor Stukes, 1928-2025.

*An Article By Cassandra*



## Intern Interview

*Hadassa Ambrayon Interview*  
*By: Leon Sims*

Leon: How have you been an intern here?

Hadassa: I have been an intern for eight months.

Leon: How has your experience been so far?

Hadassa: I can honestly say it feel like it's been amazing and I love the people here.

Leon: What have you learned?

Hadassa: I have learned and gained more insight about mental health.

Leon: What do you hope to gain from the clubhouse?

Hadassa: More experience of workshops and mental health issues to help me grow as a professional.

Leon: What is your favorite part of the clubhouse?

Hadassa: The community and everyone is friendly.

Leon: Is there anything else you like to do that we don't know?

Hadassa: I love spending time with my family and meeting new people.

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# Featured articles

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## Unrivaled: Revolutionizing Women's Basketball with a Dynamic 3-on-3 League

Unrivaled, the groundbreaking women's basketball league co-founded by WNBA stars Napheesa Collier and Breanna Stewart, tipped off its inaugural season on Friday, January 17, 2025, in Miami. This innovative league introduces an exciting 3-on-3 format, offering fans a fresh and dynamic basketball experience.

### A New Era in Women's Basketball

Unrivaled features six teams, each comprising six players, competing in a round-robin schedule over nine weeks. The games are played on a compressed full-court measuring 70 by 50 feet, intensifying the action and showcasing the players' agility and skill. The top four teams at the end of the regular season will advance to the playoffs, culminating in the championship game on March 17.

### Empowering Players

One of the league's primary goals is to provide WNBA players with a domestic alternative during the offseason, reducing the need to play overseas. Traditionally, players had only about ten days off after the WNBA season before heading abroad. Unrivaled offers a platform for both seasoned veterans and emerging talents, such as Angel Reese and Rickea Jackson, to hone their skills and gain exposure ahead of their subsequent WNBA seasons.

### Elevating the Game

Beyond its unique format, Unrivaled is setting new standards in women's basketball by offering higher salaries and equity opportunities for players. The league has secured exclusive media rights with TNT Sports and partnerships with major companies, reflecting its growing prominence in the sports landscape.

### Tune In

Fans can catch the high-octane action of Unrivaled on TNT and truTV, with streaming available on Max. Don't miss this opportunity to witness the evolution of women's basketball as Unrivaled redefines the game with its fast-paced play and commitment to player empowerment.

For more information, including the full schedule and team rosters, visit the official Unrivaled website.

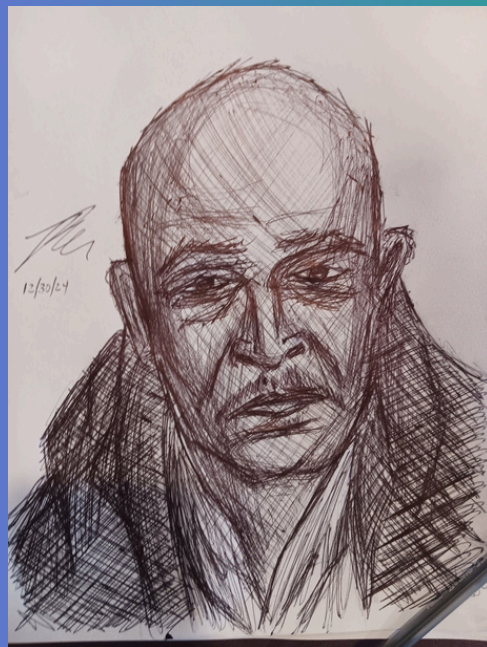
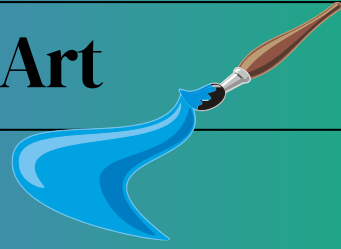
*An Article By Pam Guigli*



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# Featured Art

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By Robinson L.



# Super Bowl

# Party



Come for the food and the Vibes! At The Clubhouse  
Sunday, February 9th 2025  
5:00 PM to 10:30 PM

# Happy Birthday!!

## January Birthdays

1/1 Akter M  
1/1 Rose K.  
1/2 Andrea P.  
1/2 Kevin F.  
1/3 Carlos C.  
1/8 Oscar M.  
1/12 Yumedys G.  
1/15 Elvin M.  
1/15 Steven W.  
1/15 Nyanen D.  
1/24 Niles G.  
1/26 David V.  
1/29 John S.  
1/30 Joy D.



## Upcoming February Birthdays

2/01 Jarvis G.  
2/01 Helen D.  
2/09 Althea H.  
2/09 Osama O.  
2/09 Earl J.  
2/12 Francisco F.  
2/14 Ronald H.  
2/17 Jonathan T.  
2/19 Antonio S.  
2/19 Donisha S.  
2/23 Christopher C.  
2/26 Justin W.  
2/28 Aisha E.

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# Self-Care Corner

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## Wellness Tips for Mind & Body

### Mind & Emotion:

- ✓ Try deep breathing or grounding techniques to ease anxiety.
- ✓ Write down 3 things you're grateful for each day.
- ✓ Stay connected—talk to a friend or join a clubhouse activity.

### 🧘 Body & Wellness:

- ✓ Move in ways that feel good—stretching, chair yoga, or a short walk.
- ✓ Drink plenty of water and eat foods that nourish your body.
- ✓ Get enough rest—set a bedtime routine to improve sleep.

### 🧘 Routine & Balance:

- ✓ Start your day with a small goal—it builds confidence!
- ✓ Take breaks when you need them, and practice self-kindness.
- ✓ Ask for help when needed—support is always available.

do it for you

## Embracing Mindfulness and Meditation

Incorporating mindfulness and meditation into your daily routine can significantly enhance mental well-being, especially for individuals with disabilities and mental health challenges. These practices involve focusing your attention on the present moment, acknowledging your thoughts and feelings without judgment, and fostering a sense of calm and clarity.

### Benefits:

- Stress Reduction: Regular mindfulness can lower stress levels and promote relaxation.
- Enhanced Emotional Health: Meditation can improve self-awareness and emotional regulation.
- Improved Focus: Practicing mindfulness can increase attention and concentration.

### Getting Started:

1. Find a Quiet Space: Choose a comfortable, quiet spot free from distractions.
2. Set Aside Time: Dedicate a few minutes each day to practice; consistency is key.
3. Focus on Breathing: Concentrate on your breath, observing each inhale and exhale.
4. Acknowledge Thoughts: Notice your thoughts without judgment, then gently return focus to your breathing.

Remember, mindfulness and meditation are skills developed over time. Be patient with yourself and embrace each session as a step toward greater mental clarity and emotional well-being.

start somewhere

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# Upcoming February Events

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## February 6 (Thursday): Bob Marley Birthday Celebration

- Time: 2:00 PM
- Entertainment: Clubhouse member Omar James will perform a selection of Bob Marley's greatest hits to honor the reggae legend's birthday.



## February 9 (Sunday): Super Bowl Party

- Matchup: Kansas City Chiefs vs. Philadelphia Eagles
- Time: 6:00 PM – 10:30 PM
- Details: Join us to watch Super Bowl LIX live from the Caesars Superdome in New Orleans. Enjoy the game on the big screen with fellow members. Refreshments and snacks will be provided.  
[Note: The game kicks off at 6:30 PM ET.]

## February 27 (Thursday): Monthly Employment Dinner – "Celebrating Black Excellence in the Workplace"

- Time: 5:00 PM – 7:00 PM
- Activity: Acknowledgment of Black leaders in employment and mental wellness, featuring highlights from local speakers.
- Dinner: Southern-inspired cuisine, including fried chicken, collard greens, cornbread, and sweet potato pie.





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# Information Page

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## **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: [greaterheightsclubhouse2697@gmail.com](mailto:greaterheightsclubhouse2697@gmail.com)

Donations can be sent to:

**BCS Greater Heights Clubhouse at 980 Halsey Street Brooklyn, NY 11207.**

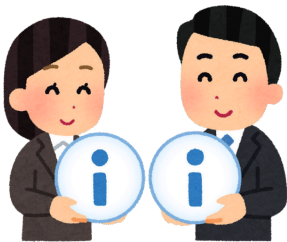
FYI: Checks must be made payable to **Brooklyn Community Services**. PLEASE identify that funds are dedicated to the BCS Greater Heights Clubhouse. Thank you!

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 Monday thru Friday 9AM to 8 PM and every Saturday from 9AM to 5PM. Additionally, we will continue to operate a virtual platform for remote participation at specific prescheduled times.

For more info, Visit us on the web:

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



### **BCS, Greater Heights Clubhouse**

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