

# Greater Heights Clubhouse

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Issue No.18 | June 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 Article

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## Wearing Pants

This is what happened. I got baptized not too long ago. I turned over a new leaf—meaning, I started to believe more in God and wanted to do the right thing. My fiancé wants me to wear dresses and skirts. He believes pants are supposed to be for men only. I love pants. They're more comfortable.

One time, I went to church in a pair of blue jeans I really loved. That Sunday, I actually enjoyed church even more. I felt good, because I was wearing something I liked. I was comfortable, and when you're comfortable, you can focus better, smile more, and just be yourself.

I've never really felt judged by others for what I wear. Honestly, I didn't care. Wearing pants never made me feel "less feminine." If anything, it added to my femininity in a new way. When women can be confident and comfortable in their clothing, we can show up as our best selves.

Since getting baptized, I understand my fiancé's point of view more. He wants us to live in a holy way. For him, that includes me dressing more traditionally. I'm flexible—so I don't mind wearing a skirt or dress sometimes. Just not all the time. For me, holiness is about believing in God and doing things the way God would want them to be—not just about clothes.

If I could talk to younger Geraldine, I'd tell her: ask for compromise. Expect it. That's how relationships and life work—give and take, sometimes. Not always one way.

To other women: wear what makes you feel like you. If you want to please your significant other, that's your choice—but even then, you can find compromise. You don't have to change completely. Just talk about it. Be open. Be honest.

In the end, it's not really about pants. It's about feeling free to be yourself—and respecting others while staying true to you.



*A Article By:  
Geraldine Ray*

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## Memorial's Day BBQ

To celebrate Memorial Day, the Clubhouse held a gathering at the Decatur Street Community Garden, a lovely community garden which the Clubhouse recently joined as a member. The garden has support from the New York Restoration Project which helps maintain the physical infrastructure. We'll soon be planting herbs and vegetables there! We are also welcome to relax in the garden whenever it is open (most days from 10 until 6 or later).

Nearly thirty Clubhouse members, staff, and interns attended. Hot dogs, hamburgers, as well as chicken and beef kabobs were on the menu, and while there was no potato salad, most attendees enjoyed the food. The weather cooperated and provided us with warm, dry weather. Near the end, Yesenia treated us all to ice cream! Finally, everyone pitched in to make sure that we left the garden in as good shape as we found it.

*An Article By:  
Carl Niu*



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## Reflection on Memorial's Day BBQs

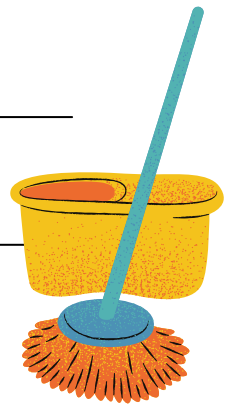
We had a barbecue on Monday and from what I heard is that it turned out great. In our meeting on Tuesday afternoon that we had it wasn't much said about the barbecue that they had on Monday at 1pm. I came in on Saturday and helped prep for the barbecue for Monday. We are still experiencing lack of help from the members at the clubhouse. I wasn't here for the barbecue but it was some kind of dispute of not having side dishes. Now this is our clubhouse and we need to come together as a family things happen like planning our own barbecue and getting the things that we need and not always wait on staff to plan something like barbecue. I think that if people wanted to have a side dish then they should have put money toward their side dish and not wait on staff to do everything. I give full respect to the staff that made this barbecue happen on Monday. They had very little to work with but made it happen. The staff made great with little they had and I did not hear on how the barbecue turned out from the members that attend it. All I heard is that there were no side dish. That is not how to respect the staff who made it happen. The barbecue was all about having fun and not complaining about side dish. I give respect to staff to make this happen with what they had to work with. I think that clubhouse members if we want something like a side dish or drinks for a barbecue we should take it upon our and make these dishes happen with more help and contribute to our barbecue and not always wait on staff. Remember this is our clubhouse and we need to do better, remember this is our clubhouse lets clean up our second house like we clean our first home. It was asked how can we get more help from the members you should want to help keep the clubhouse clean.



*An Article By:  
Diane Wright*



# Featured Articles



## Deloitte 2025

Deloitte came here today and I had my resume on the laptop and Tamiko from Deloitte looked and updated my resume. We spoke and we spoke about my old job at Goodwill and Kings County Hospital and I was sharing with her that I used to work in the fitting room, putting clothes on the rack. I also shared that I used to work in the Nursing home, feeding people, making beds, doing hair. I also worked at Brooklyn Jewish Hospital in the Pediatrics helping to take care of the babies. Feeding, changing and making beds. I also worked in Woodhull Hospital serving food.

We worked on the resume, and looked for jobs online. We applied online for several positions including clerical work. Tomiko was nice and helpful and she did a lot for me today. After meeting with her, I felt confident and happy and I was excited to see how many people came to help the clubhouse. We did an awesome job and hopefully a job will come out of it.

*An Article By:  
Delisha*



## Housekeeping Program

I have graduated from 6-week housekeeping class this past Friday on 6/20/25. I have received a certificate of completion which will help me pursue similar jobs. The program required me to attend in- person class 4x a week with seven other members. I really liked the members there and we all got along. The classes focused on typical housekeeping chores such as sweeping, mopping, wiping and taking out garbage. By the end of the program I felt more proficient and knowledgeable in doing these tasks. The graduation was held in Manhattan and it was a nice food and good vibes. Overall, I am really glad I had the opportunity to complete this course and it will be beneficial to me in the future.

*An Article By:  
Francis Moore*



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# Featured Article

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## A Fun Day at Seneca Village

My name is Tawanna Moody, and I am proud to be a returning member of the Greater Heights Brooklyn Clubhouse. Over the past year, I've been taking small but meaningful steps toward achieving my personal goals. The journey is often a roller coaster, but I remain determined and hopeful.

One of the most enriching experiences I've had through the club was a recent field trip around New York City. On a spontaneous invitation, our group traveled to Seneca Village, a historically significant site located in what is now Central Park. The visit was more than just a trip; it was a journey into the rich history of our city and our community.

Seneca Village was a predominantly African American community established in the 1820s and 1830s. It was home to free Black residents, along with Irish and German immigrants, who built homes, churches, schools, and a vibrant community despite facing discrimination and displacement. The land was eventually purchased by the city in the late 19th century to expand Central Park, leading to the community's displacement—a story that echoes the struggles of many marginalized groups seeking space and recognition.

During our visit, we experienced a small concert featuring poetry, lyrics, and songs that celebrated the legacy of Seneca Village and its land. Despite a brief rain shower, our spirits remained high, and we continued to learn about this important chapter in New York's history. The event was both educational and inspiring, reminding us of the resilience and contributions of those early residents.



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After the program, we grabbed some pizza and engaged in lively conversations. As we enjoyed our meal, some fellow attendees joined us—people who had also come to honor the history of Seneca Village.

When the rain intensified, a member of our group kindly offered them a seat inside, but they chose to stay outside, embracing the weather and the moment.

As our outing was drawing to a close, we headed toward the train station. While ensuring everyone was onboard, I noticed Peter running after the train we were about to depart. Realizing this, some of our group members went back to look for him, while others continued on their way. I decided to stay behind to see if Peter could catch the next train. Fortunately, he did. I advised him, “We should never leave a man behind,” a simple reminder of the importance of camaraderie and looking out for each other.

This experience at Seneca Village was a powerful reminder of our history and the importance of community. It reinforced the need to remember our roots and honor those who paved the way. I am grateful for moments like these that connect us to our past while inspiring us to move forward.

*Article By:  
Twanna Moody*



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## Geraldine Ray at Community Outreach Event for BCS Clubhouse



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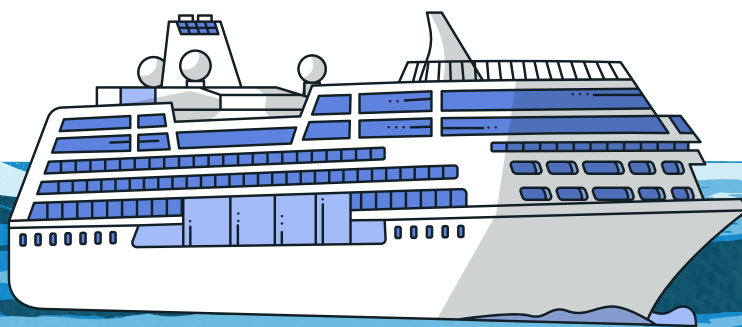
# Featured Article

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## My Third Cruise

On Sunday May 4 I left for a vacation. I went on my third cruise. My first cruise was in April 2024 when I went with my family. I went with my mother, my step father, my aunt, my great aunt Sandra, and my cousins. We had a nice vacation. It was my first cruise. We cruised down to the Dominican Republic, to San Juan Porto Rico then to the Virgin Islands. We had a good time. Then in October last year I went on a cruise by myself. This was my second cruise. On this cruise we were supposed to dock at port Canaveral Florida and I was supposed to visit the Kennedy Space Center then we were supposed to dock at Oceans Cay but because of hurricane Milton we could not dock in these areas. On May 4 2025 I left for my 3rd cruise. All three cruises I sailed on the same ship the MSC Mariviglia

We sailed out of Redhook Brooklyn May 4 and on Tuesday May 6 we docked at Port Canaveral Florida. On Monday May 5 I met some people and played rummy cube. I also taught people how to play rummy cube. I met Jovani and Vanessa on the ship and I taught them how to play and a friendship was born. We are friends. We are going to plan to meet at the Museum of Natural History in New York City. I also met Bill and Milly and played rummy cube with them and I became friends with them as well. They live in Albany New York. Some time I am going to take the Amtrak train up to Albany and visit them. I also taught other people how to play rummy cube and they enjoyed the game. On Tuesday May 6 at 1:00 we docked in Port Canaveral Florida. I was excited to go to the Kennedy Space Center. At the Kennedy Space Center I saw an IMAX film Deep Sky. Then I saw a show about the space shuttle Atlantis. The space shuttle Atlantis flew 33 missions between 1981 and 2011. After the show in the theater the entire screen in the front of the theater raises up to reveal the actual space shuttle Atlantis. That was so exciting. After that I went on a simulator ride and experienced how it feels when the space shuttle lifts off. And what it is like to travel in space. It was a fun ride and experience. Then on Tuesday evening I was hanging out with Jovani and Vanessa and from the ship we saw a rocket launch from Port Canaveral. That was really a great experience. It was amazing to see the rocket launch. It was very loud we could feel the ship shake briefly. It was loud. Wow.



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# Featured Article

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## My Third Cruise

Then on Wednesday we docked in Nassau the Bahamas. I went on a catamaran boat ride. A catamaran boat has 2 hulls It was a fun ride. On the boat they played music and we danced to the music. Then we went on a bus tour through Nassau. Then when I returned to the ship I met Jovani and Vanessa for dinner then we played rummy cube.

Then on Thursday we docked at Oceans Cay the Bahamas and I went on a tour of a light house there I climbed 165 steps from the base of the light house to the top and had a great view of Oceans Cay.

Then on Friday and Saturday we sailed back to New York

On the ship there were activities that I participated in. I played a ring toss game and I participated in several name that tune events. One name that tune event was the songs from the 1980s and another name that tune event was TV theme shows. Another name that tune event was songs by Bob Marley and another name that tune event was the songs of Michael Jackson. I won a necklace because I named all the Bob Marley and the Michael Jackson songs. I also played rummy cube with people on the ship and I met the captain of the ship and had a picture of me taken with the captain.

When I arrived home I was very sad that the vacation ended. I really enjoyed this cruise and given the opportunity I would cruise again. I was feeling sad on Sunday and Monday but looking at the pictures makes me think of the nice time I had on the cruise. And it is nice that I have some friends as a result of the cruise.



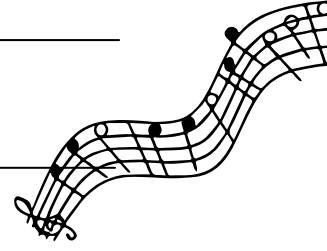
*An Article By:  
Adam Fullan*

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# Featured Articles

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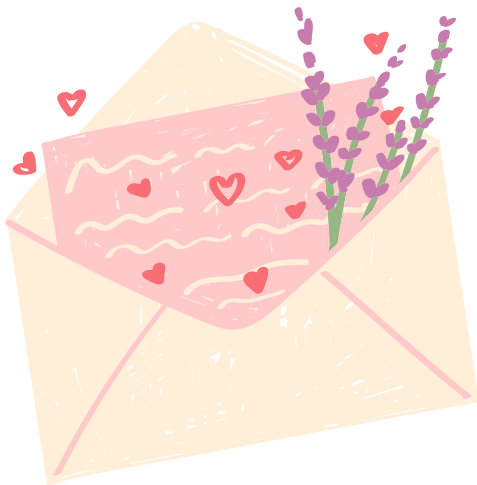


## How It Feels When You Find True Love

When you're with me it's heaven on earth,  
I've thought I had true love before but this  
is the first

Just staring at u brightens my day,  
And I get selfish and want u to stay,  
I can honestly say that I'm truly blessed,  
And I promise u my best and nothing less,  
Time stops whenever u r with me,  
My heart is yours and that's how it'll be,  
We're so in love and this feeling can't be  
explained,  
And our bond is unique so no time for  
games

*A Poem By:  
Leon Sim*



## Men's Experience Event

On June 21st, the Clubhouse took a trip to Hillel Place for the Men's Appreciation event. They were hosting all kinds of raffles and giveaways-- gift cards to people giving blood, as well as food and clothes. They had a DJ playing nice music. We got to meet and mingle with new people.

There were many different organizations there with helpful information, t-shirts and other swag.

I enjoyed the event and the bus rides there and back. Also the food was good and the music and the people were very cool.



*A Article By:  
Christopher Hankins*

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## Mental Health Awareness Month

The world recognizes mental health month in May as the need for treatment, recovery based therapy, and remediation. Mental illness is a disability that is very complicated to understand, as it is a cognitive impairment that can be disruptive and can even be for some overwhelmingly destructive. It is a psychological disorder that is a social and physical problem. It is a reality we face that we must overcome the stigma associated with it and manage effectively.

Today, more and more, we strive to combat stigma, social isolation, and indifference; yet we have not succumbed to the pathological weakness of despair and exclusionism with the mentally ill population.

Mental Health awareness month reminds us that we cannot forget that it is not a personal unresolved problem, but a symptom of a psycho-physical abnormality that occurs as a person become debilitated by delusions caused by a binary happenstance that disorientates the mind, discombobulates the senses, and subjugates his or her reality, as it is confounded by bouts of dysfunction.

Mental health awareness month reminds us that we must not forget those affected in order that we can restore the integrity of those in need of our help and fortitude so that we can protect the freedom of wellbeing in our world and life.

*An Article By:  
Samuel Kauril*



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# Featured Article

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## Zeal

Teach me to number my days  
Come a long way from watching a  
demon's gaze  
False prophets, hypocrites  
Swear they have life infinite  
But I have no time for hate in my heart  
Time is ticking as is the clock  
Revelations going to unfold a story told  
And the hearts of many will grow cold  
They'll know who we are by our love  
Harmless are we as doves  
Maybe that's what it means to be a  
disciple  
Maybe that's what it means to wear a holy  
title  
The bible, I wouldn't swear an oath  
But when fire and brimstone comes  
heathens will be toast  
I'm going by scriptures to be brash  
So why would I not talk about the coming  
wrath

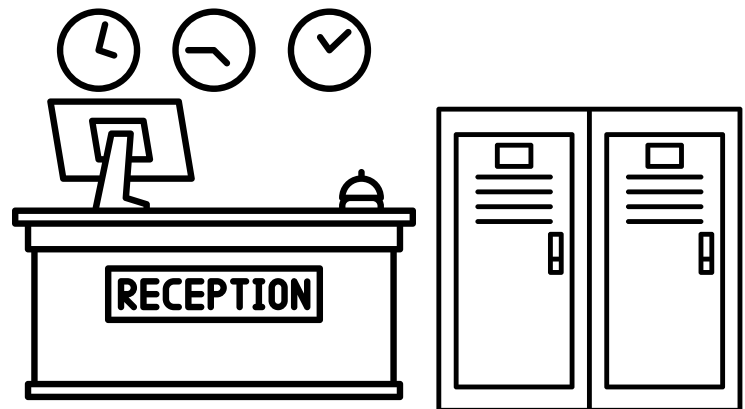
*A Poem By:  
Robinson Loeche*



## My Transitional Employment Job

I am becoming a very good person and working is a big part of that. This job is a learning experience. I will keep writing and feeling special about myself. I'm not bad at this job. It is a TE job. I'm a receptionist in Canarsie, Brooklyn.

I'm happy to be working. I will keep the job for six months. Now that I am working, I rarely feel sad and I'm almost always gracious to others. I'm learning how to help people feel better. I am also maintaining organizing skills, filing, printing and distributing food to eat.



*An Article By:  
Isabella Taylor*

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# Featured Article

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## Centipede



The centipede in my room  
Was a sign that my anger  
Was a recipe for doom  
How else to calm it  
But to know in my heart that I am  
loved  
Unconditionally  
Not by man but by an eternal spirit  
That sweeps me off my feet  
As I feel innocent as a dove  
The bitterness withers away  
In a way it shrinks...like the title of a  
psych professional who prescribes  
medication  
The concept of a lion tamed from all of  
its wrath, boiling over....that kind of  
a sensation  
And the centipede has a home  
And the centipede has a home  
What a real friend  
Keeping it 100 like its legs and it's in  
the zone  
Air conditioner feeling cold, not quite  
ice cream cone  
But maybe with a new friend, I will feel  
less alone  
Let the centipede live

*A Poem By:  
Robinson Lethie*

## Interview with Yesenia Mejia

**Leon:** How has your experience been so far?

**Yesenia:** My experience has been eye opening, due to the acceptance I've received from the members

**Leon:** What do you hope to gain from here?

**Yesenia:** I hope to gain a better and different perspective of mental health and be able to incorporate this into my daily life.

**Leon:** What's your favorite part of the clubhouse?

**Yesenia:** The members have been my favorite part of the clubhouse. I didn't think I'd get this close to members this fast.

**Leon:** How long have you been here?

**Yesenia:** I have been here for two months,

**Leon:** What will you bring to our clubhouse?

**Yesenia:** I hope to bring a lot of charisma and charm.

**Leon:** Tell us something about yourself we might now know.

**Yesenia:** I have two dogs and one cat.



*An Interview By:  
Leon Sims*



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# Featured articles

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## Greater Heights Clubhouse Fashion Show

On Friday June 27 th the Greater Heights Clubhouse held its 9th Annual Employment Dinner Fashion Show. The event was a big success and both the runway models and the audience were highly spirited. We had fifteen amazing runway models display an array of stylish outfits.

Our wonderful Member Leon Sims was the fashion show MC and did an awesome job of introducing the models and giving detailed descriptions of their Runway outfits.

The fifteen models were: Makeba Bynum, Delisa Bynum, Ronnell Lovett, Pam Guigli, Juanita Mills, Doris Thomas, Christopher Hankins, Tanya McLaurin, Isabella Taylor, Barry Brownstein, Shreece Bartholomew, Sabrina Garcia, Diane Wright, Mark Doumbia and Bill Lampert. They all did a great job.

Special thanks to Doris Thomas and Shreece Bartholomew who worked really hard at outfitting and accessorizing a number of the models. Also thanks to Sabrina Garcia for coordinating the food and getting material and clothing accessible for Doris and Shreece to work with. Lastly, great appreciation to Ross Wade, Franky Cortes and Phillip Johnson for taking video and photography of the event. It was a great evening and we all can't wait for our next fashion show to happen!



*An Article By:*  
*Bill Lampert*



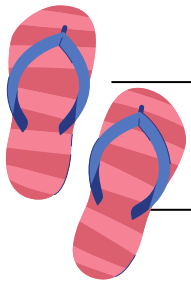
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# Upcoming June Birthdays

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<b>First Name</b>	<b>Last Name</b>	<b>Date</b>
Zevi	Schwartz	7/01
Rampersau	Lalchan	7/01
Lawrence	Booker	7/02
Leon	Sims	7/02
Charise	Walker	7/02
Kadisha	Mann	7/03
Cory	Harris	7/03
Stefanie	Cordero	7/04
Mariya	Edawatds	7/05
Angela	Nicholas	7/06
Isabel	Mirville	7/08
Eugene	Thompson	7/09
Greigh	Moore-Woodz	7/10
Julie	Mayea	7/10
Robinson	Lorthe	7/10
LeRoy	Jameson	7/12
Thomas	Fisher	7/12
Malcolm	Neal	7/13
Fahim	Siraj	7/14
Delisa	Bynum	7/15
Jasper	Hillard	7/15
Michael	Mootoo	7/15
Shaka	Willimas	7/17
Sotiri	Sotiriadis	7/18
Tawanna	Moody	7/20
Mikhail	Semenduyev	7/22
Desmond	McGrath	7/24
Sherman	Harrison	7/24
Eden	Floventille	7/27
David	Pine	7/28
Juanita	Mills	7/30





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# Upcoming July Events

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Fourth of July BBQ - July 4<sup>th</sup>

Medgar Evers Film on John Lewis - July 16<sup>th</sup>

Highpoint Farm Trip - July 28<sup>th</sup>

Hudson Valley Club Trip - TBD

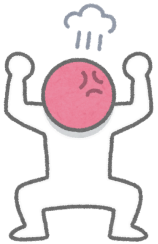
Beach Trip - July 29<sup>th</sup>



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## Ongoing Clubs/Workshops

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Music Workshop - Saturdays at 11AM - 1PM

Basketball - Friday at 1:30PM - 2:30PM

Academy of Peer Services Study Group

Anger Management Group - Saturday at 1:30PM

Men's/Women's Group

Horticultural/Planting Group



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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.**

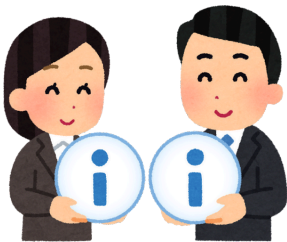
FYI: Checks must be made payable to **Brooklyn Community Services**. PLEASE identify that funds are dedicated to the BCS Greater Heights Clubhouse. Thank you!

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/>



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