

A DIFFERENT STREET

A Quarterly Newsletter of the GOALS Center @Erie Community College
45 Oak St., City of Buffalo, County of Erie, State of New York, FEMA Region II, Spaceship Earth
For Autumn 2015 C.E. (Cheshvan 5776) (Muharram 1437) (Stardate 69294)



Fall Veggie of the Season:



Do you like cabbage? Whether it is raw (think coleslaw) or cooked (steamed kraut, sweet and sauer, as "pigs in the blanket") any way you like...cabbage is a great vegetable to add to your platter!

Check out the website **<www.whfoods.com>** to find out what is new and exciting about cabbage.

There is a long history to the healthfulness of cabbage as both a food and medicine. The veggie contains vitamins B, C and K, as well as a host of minerals such as potassium and iron. Cabbage contains a good amount of fiber per serving (over 3 grams per 1 cup serving!). It is a powerhouse of antioxidants that may be protective against certain diseases.

Did you know the Dutch used to eat sauerkraut (fermented cabbage) during sea voyages **as a protection against scurvy?**

And how does it taste... ***Fantastic!***

Make your own coleslaw with sliced onions, carrots, cabbage and your favorite whipped dressing and vinegar — or try it with an oil and vinegar dressing. The slaw is a great side dish — or even as a sandwich topper — it will add a lot of extra crunch and nutrition to a hot or cold sandwich, or wrap.

Cabbage can be sliced or shredded and added to salad or soups — it will give a nice extra crunch and a boost of nutrition!

Try a pile of boiled cooked cabbage on top of mashed potatoes for an Irish treat! This is called "Colcannon." It is an Irish peasant dish that makes use of potatoes and cabbage (and other veggies of choice, try carrots, kale, peppers, etc.) — **it is filling and delicious!**

My Recovery Story

By Kenneth M. Aswad (GOALS alumnus)

My true recovery began in 2007 after years of drug abuse, self-harm and many attempts to end my life. I was tired of living because of the drug abuse, self-harm and many hospitalizations that were caused by a mental health disorder. In July of 2007, the 4th to be exact, I had had enough — I wanted out of this destructive life. I needed to become straight with myself and I needed to clean myself up spiritually, physically, and mentally.

So I began to seek treatment and find solace. I found it at the Buffalo Psychiatric Center's Gertrude Butler Clinic. I had attended many other mental health clinics over the years, but I wasn't honest with them about my true life circumstances as I should have been. I began seeing a counselor and a psychiatrist at the Butler clinic of that same year. I was put on the drug Seroquel for my bipolar disorder, and the drug Luvox for my obsessive compulsive disorder. Within weeks the medication began to kick in and I felt a significant change.

In the summer of 2008 a friend of mine got me a job in a peer training program known as the RAMs (short for Recipient Associate Managers). There I learned how to facilitate peer run self-help groups, communication skills, and effective listening skills and also practiced mentorship. The RAMs program was the first place that ever asked for my opinion — I mean with other jobs I was told to just shut up and do what they wanted, and didn't listen to any ideas I might have had. I met many other peers struggling with mental health issues in the program. Up until then I didn't think that a disabled person could work until I became a RAM.

Eight years later, still being a part-time RAM thanks to the Vocational and RAMs departments at the Buffalo Psychiatric Center, I have held down a training position for 4.5 years as a peer specialist at Del-Nor Resource Treatment Center, one of the many BPC clinics in Buffalo. Here at the Del-Nor clinic I work with a clientele of peers of 50 years and over. Being a part of the Buffalo Psychiatric Center these years has been a truly enriching experience and I want to say thank you to the many peers, doctors, counselors and the many co-workers that helped me on my journey to discovering recovery.

LIFE IS GOOD WHEN YOU'RE IN RECOVERY.

Excursions in Creative Writing

Prompt: You are an astronaut and you discovered something:

I am an astronaut of the future. I was on a mission to go to a black hole to understand them better. We had an experiment to do involving red matter to figure out what was on the other side.



We thought we could do it without our ship getting sucked in because of our engines, but it failed.

So the ship was sucked in and we went to a different time in space where I am telling you this story now.

-Andrew H.

Coldness

When she stared into my face, I could feel her coldness. She was a beauty queen without a soul. She existed for a moment, and then disappeared.

So much for her.

-P.W.

Frankenbrain

Once upon a time in a town named Rogersville there was a scientist name Leopald III. He was creating a type of being that was going to help him out by scaring the other townsfolk away. No one believed that he could create anything so that is when he created this giant being named Frankenbrain.

-M.T.

**If I owned the globe
I would give it to my mother
if she were still living.
She often said that she would**



**like to own a globe of the Earth
so she would know
where every nation was located.**
-P.W.

The Magic Flute

There once was a man who had a magical flute. He would play a song that was a story and it would magically make things happen. He would wake up in the morning get out of bed and start playing a tune to make breakfast. Then he would go out and take his walks through the woods and play his magical music so all of the plants and animals would dance. Then one day he met an ogre who hated his music. The ogre then tried to take the flute but the magical musician started playing and made the ogre walk off a cliff.



—Andrew H.

A dream is a wish your heart makes.
A wish is something you do desire.
A desire is something you hope for.
And a hope is something that you need.

-Lunaetis

BRAINS! BRAINS! BRAINS!!!

AHH!! ZOMBIE!!

I EAT YOUR BRAAINNS!

NO WAY! IT TALKS!

THIS IS *NOTHING* LIKE THE MOVIES!

IS IT EVER BRIAN! NOOO!! BRIANS!!!

NOT BRIANS! *BRAINS!*

The Pumpkin Carver

This is a legend about the pumpkin carver. He was old with long grey hair and scars all over his face that almost resembled a scary pumpkin. He had land out in the forest and set traps for curious wanderers. Every day he would walk around before morning and check his traps. If he found someone he would take them back to his cabin. Then he would put a carved pumpkin head on them and place them like scarecrows out in a corn field.

-Drew



In the summer, GOALS students in Leisure Education plan weekly trips to nearby communities and attractions throughout Western New York. Exploration opens one's eyes to new experiences, provides inspiration for future adventures, offering a richer sense of what our region has to offer.

GOALS went on a nature hike over the summer at Losson Park. It's a yearly event, but this time was different. This time we had iPads to take pictures. Consequently, the iPads made the trip more entertaining and more enjoyable.



I took pictures of squirrels and deer. But my favorite animal was a woodpecker. Getting its snapshot was challenging, but I persevered.

Getting snapshots of squirrels was easier. The squirrels would come right up to the boardwalk where the food was lying. It was almost as if they were posing for us.

I think we should use the iPads for other trips. I think we should document other outings.

-John W.

On Wednesday a group took a trip to a kazoo factory. It's also a museum and you have much to choose from, as far as toys are concerned. I purchased a kazoo and I like playing it.

-Howard Paris



In early September, the GOALS Center travelled to the historic Theodore Roosevelt inaugural site.

This is the only National Parks site located in Western New York.

Personally, I got chills up and down my spine when I saw the exact spot where Theodore Roosevelt was sworn into office, following the death of President McKinley.

I felt like their ghosts were present and looking over my shoulder.

I think that the site is one of Buffalo's hidden treasures that is well worth exploring.

-R.B.



GOALS visited the Naval Park at Canalside in late August. The park consisted of a destroyer, the USS Sullivans; a cruiser, the USS Little Rock; and a submarine, the USS Croaker; and a museum. Some of us were awed by the size of the ships. Others were intimidated by their confining interiors. I tried to envision how a



fleet works in unison.

A yellow line ran along the deck of the ships, which we were supposed to follow. When it ran below the top deck, some clients opted to stay on top. I went below and only hit my head once on a portal.

The trip was very educational, teaching us facts about World War II, the Korean and Vietnam Wars, and Desert Storm. We also were able to observe artifacts from those conflicts.

Normally, the cost is nine or ten dollars per person. We go in for free. I would say we got our money's worth and then some.

-John W.

GOALS Students Ride on the Excalibur

The students from GOALS went to the Outer Harbor and suited up with lifejackets and boarded the boat for a trip around the harbor and Buffalo River. The captain enlightened us about the various sites that we were able to see from the boat. On our way back to the marina, we were able to do some fishing from the boat. We stopped at a few different locations and were able to cast of fishing lines. All the supplies that we needed to fish with were provided. Of the people that wanted to do some fishing, only one person was able to catch a fish, which happened to be a perch. While it was fun to be able to do some fishing, we had to release what we caught back into the water. It was very enjoyable to be able to go for a ride on the boat and I would recommend that it be put on the "to do" list of things that are offered.

-Susan S.



During our outing to the Aquarium in Niagara Falls, NY, I really enjoyed myself. I not only learned a little about sea lions and their trainers, but also the master-servant issue in "real life." The men and women, acting as the leaders of the sea lions really got me "psyched!"

I now know that dog shows and other canines and mammals can really perform at a level that you really have to understand the Milky Way Galaxy, throughout the "Day."

If animals could use humanity's intellect and instinct, then it makes you wonder about the supreme being, Jesus, the Nazca Lines, the pyramids, and the Nascar races here in the U.S. As they say, they got it in their system, Ha-Ha-Ha.



-Michael Monfils



In August we went to the Karples Manuscript Library Museum located at Elmwood and North St. When scouting out the museum, we learned that the building is over a century old and was originally a Christian Science church. Also the museum here in Buffalo is only one of twelve

owned by the Karples Family across the country, all of which are free to the public.

On exhibit for our visit was a collection of documents authored by and related to Alexander Graham Bell and the development of the telephone. Included were papers involved with his patent, calculation costs for materials, diagrams, and even a very early directory. All pieces were displayed in handsome wooden cases.

A concurrent exhibit profiled notable professional Buffalo boxers from the early 1900's until present. I guess it is no surprise, but I only recognized Joe Mesi.

The interior was well preserved with hardwood pews, columns and arched ceiling well illuminated. I'm sure many couples were happily married in this space. Knowing it's free, I'm likely to stop in every once in a while as I'm walking past.

-anonymous

On Wednesday Oct. 14 we had a get-together at GOALS to celebrate Oktoberfest, which is a celebration and tradition of German history. We had an awesome time. Everybody participated in games and learned about Germany. I discovered that in our group there were a few peers that were very intelligent about history, and we all gained knowledge from them. Janine also took the time to tell of Oktoberfest. I want to give thanks to everybody including staff that brought German treats. We had a great time.

-Jasmin

The Brain

It makes you think,
it makes you smart.
It makes you wink,
it makes you fart.
So don't go stink,
cause you have a heart.

-Andrew H.

Shoe no mercy!

**No pain! No gain!
Bend but don't break!
Intensity! Intensity!**

Losers can't be choosers!

John W.

Does it matter?

If within the mind you ask yourself:
"Have I done what was necessary to get
where I'm going?"

But yet there seems within your heart an
empty space, and where do I start?

Does it come easy to come to class?

Have you met someone who could help
you in life?

Would you ask him just once what does it
matter if someone diagnosed you because
of what's not there?

Or I ask myself: "Is that care?"

So I ask the question of why does it mat-
ter if in 3 strikes you're out as a batter?

So I see people come and go, but not
everyone has a goal!

-Mark

My Recovery

I'm grateful to my psychiatrists for urging
me to take the medication I now love. I was
afraid to take them (Clozaril and Abilify) but I
can hardly believe the positive results.

My whole attitude about life, my Christian
faith, and my friends and family has improved.
People notice and compliment me. I thank God
for good doctors. I do enjoy life because of my
experience with Buffalo Psychiatric Center.

-Dolores N.

2016 PRESIDENTIAL
ELECTION

"The upcoming
presidential
election has so
far been a lot
of hoopla; ...

"The person
with the best TV
personality is
going to win."

"It is all a matter
of style and not
substance. Even
the debates are
hyped by the networks.
The election is going to be all show."

...with
Candidates
parading on
various talk
shows."

~(an already fatigued) John W.

PRE-HIBERNATION Word Roundup

Find and Circle: Six Thanksgiving Dinner Sides ☒ ☐ ☐ ☐ ☐ ☐

Five Thanksgiving decorations ☐ ☐ ☐ ☐ ☐

Four dense firewoods ☐ ☐ ☐ ☐

Four colors leaves become ☐ ☐ ☐ ☐

Three AFC East rivals ☐ ☐ ☐

Name of time-travelling Catskill slumberer ☐ ☐ ☐



K R O R V W C Y R O K C I H A B U U
S E A I A E A R C O R N U C O P I A
N D K P N U K X A D L P Y Y W W G C
I C A R R O T S A N A A A V O I O S
H S T E J T M E T T B L M A L N U T
P B H N U N R U R H O E S R L K R U
L X C R W B N I J A D R R G E L D F
O K K O N L O M A P L E A R Y E S F
D E R R A T M I R G L I P N I R M I
Y B O W S N A I D N I P L O G E U N
U C V X J Q Z O J D J D R C T E S G

Ways to Embrace the Cooler Weather and Enjoy Your Fall & Winter

Prepared by the GOALS Leisure Education Class for seasonal survival!



Things we love about the cooler weather...



Wearing our Fall & Winter clothes:

dressing in stylish layers...
long sleeved shirts,
sweaters, sweatshirts,
and jackets.



Cooking our Favorite Foods:

stews, chili, soups,
mac and cheese, pot
roast, popcorn, hot
apple pie a la mode.

Enjoying our Favorite Holiday Things:

eggnog, Xmas cookies,
shopping, spending time
with family and friends,
holiday parties, people
sharing holiday cheer and
kindness with each other.

Enjoying Delicious Hot Beverages:

Hot chocolate,
cappuccinos,
lattes, coffee, tea,
cider and soups.

Winter Spirituality:

Christmas season, going
to church, enjoying
Advent, celebrating
Hanukah, going to
Temple, Kwanza celebra-
tions, enjoying our own
personal spirituality
whatever it might be.

Enjoying our Favorite Indoor Activities:

watching classic holiday shows, doing
activities by fireside, winter reading, watching
the snow fall outside, phone a friend, surf the
web, board games, computer games.



Participating in our Favorite Outdoor Activities:

tobogganing, skiing, walking, building a
snowman, going to Canalside for skat-
ing and "icebiking", enjoying the fire at
Chestnut Ridge Casino, taking the bus
to the mall for shopping or a movie.

Enjoying our Winter Humor:

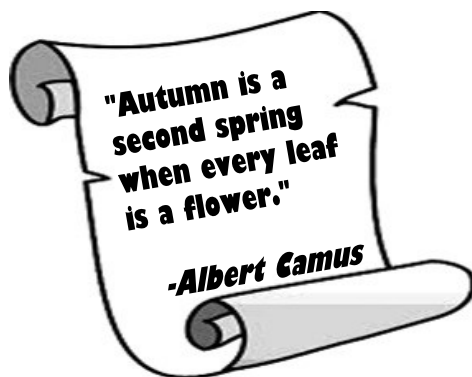
Dreaming of an island vacation to Hawaii, mountain
climbing over snowbanks to get to the bus, slipping and
sliding anywhere, asking Santa for good weather.



Enjoy the season — there is a lot about it to love!



Guidance Opportunity Act Learn Succeed



Call any of the staff (here in room 141) if you believe
GOALS classes could be a part of your recovery...
or if you know someone who may be interested:



Christopher Keller, Psy.D. 851-1297
Janine Ortman, CTRS 851-1298
Gary Mulrain, Voc. Teacher 851-1283



Buffalo
Psychiatric Center



**Solution to word
search clues**

Carrots, Cornbread, Cranberries, Gravy, Stuffing, Yams / Commucopia, Gourd, Indian, Pilgrim, Turkey / Hickory, Ma-
ple, Oak, Walnut / Brown, Orange, Red, Yellow / Dolphins, Jets, Patriots / Rip Van Winkle