

RAINBOW
HEIGHTS CLUB
25 FLATBUSH
AVE. 4TH FLOOR
BROOKLYN, NY
11217



Rainbow Heights Club is a project of Heights-Hill Mental Health Service-South Beach Psychiatric Center Community Advisory Board, Inc. that provides psychosocial support and advocacy services, free of charge, to lesbian, gay, bisexual and transgender people in recovery from mental illness.

This newsletter is made possible by the continued support of City Council Member Bill de Blasio

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Rainbow Heights Club



March 2009

Xpress

Spring Fling 2009



Open House Party



**Friday, March 20, 2009
2-7pm**

**This event is FREE and
open to the entire
Community!!!**

Thank You...

Rainbow Heights Club would not exist without the direct support of many people, not the least of whom are our NY State and NY City elected officials. We'd like to thank the following members of the New York State Senate and Assembly as well as The New York City Council who have allocated funding directly for our programs in the past year.

Assembly Speaker Sheldon Silver
Assembly Member Hakeem Jeffries
Assembly Member Joan Millman
Assembly Member Joseph Lentol
Assembly Member Felix Ortiz
Assembly Member James Brennan

NYS Senator Thomas Duane
NY City Council Speaker Christine Quinn
NY City Council Member Bill DeBlasio
NY City Council Member Letitia James

Director's Corner: Nicole Avallone, LMSW

Spring is in the air! The early signs of spring can bring a bounce to the step as we begin to see fresh buds peeking through the earth and hear the trill of migrating birds returning from their southern winter getaway.

Here at Rainbow Heights we'll be marking the first official day of spring **Friday, March 20th** with our annual **Spring Fling Open House!**

Even if you're not quite feeling the joy of the season, a visit to the club might just bring a smile to your face. Invitations will be in the mail soon, so help us spread the word to friends, family, and service providers who might enjoy a day of live music and lots of delicious food!

In addition to our big spring open house, the club will

have a host of other featured events during the month. On **March 2nd** one of our long-time members will be available from 2-4pm to **help with tax filing**. Chances are you're eligible for a rebate – come on in and find out! And on **Tuesday, March 17th** we'll all be donning green and searching for that pot of gold at the end of the Rainbow! in honor of **St. Patrick's Day**.

Throughout the entire month, Rainbow Heights Club proudly joins the nation in celebrating **Women's History Month**. Did you know that Congress first declared March to be Women's History Month in 1987? To join the national commemoration, Rainbow Heights Club will be infusing the powerful role of women in our lives throughout the month's programming. We also extend a special

invitation for you to join us for our **Women's History Month Film Series on Wednesday evenings at 6:00pm!**

And finally we'll be closing out the month with a big **Birthday Party** for our members whose special milestone day falls in March. Come celebrate your birthday on the last Friday of the month, **March 27th at 4:30pm**. We'll have cake, balloons, and even a special birthday surprise for any member whose special day passed during the month!

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We're looking forward to seeing you here real soon!



We thought you'd like to know...

You might have noticed that we're going "greener" around the club lately as we've seen Parker organizing recycling bins in the building. But, we've taken some even bigger steps in our effort to be more environmentally friendly. We've nearly eliminated the use of styrofoam plates and cups as well as plastic utensils for our daily food service. We were able to purchase dinnerware and utensils which our members are now helping to process through the dishwasher for use over and over. Additionally, we have begun to use recycled paper and office products and of course we try to use locally grown produce

when the costs aren't prohibitive.

What you might not know is that part of the reason we were able to purchase our dinnerware, coffee mugs and plastic cups as well as pay a little more for office supplies and groceries that are eco-friendly is because of the support we receive from the Milton and Tamar Maltz Family Foundation. The Foundation has supported Rainbow Heights Club with a general operating support grant for the past several years.

The Maltz Foundation encourages organizations they support to look for ways to make their program services and administration operations more environmentally friendly.

We used a portion of the generous increase they gave us in this years funding to "go green" and still live within our tightening budget. Our thanks go out to David Maltz for his support of Rainbow Heights Club and for promoting eco-friendly programs through his family's foundation.

We just thought you'd like to know.



MARCH 2009



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Open 12-4:30 Spirituality Group, Brunch at 2pm, Current Events Discussion	2 Artistic Expressions, Psychoeducation, Dinner	3 Creative Writing, Zappalorti, Fun Committee, Dinner, Bisexuality/Chess Club, Thoughts & Feelings, Poetry Group	4 Spirituality Group, Walking Group, Outreach TF, Community Meeting/Dinner, SAGE Group (6-7), Movie Night	5 Dating & Relationships, Trans/Gender Explorers, Dinner, BINGO Night, Women's Group, Stitch & Bitch	6 Art Studio, Men's & Lesbian Groups, Baking Group with Teresa NEW TIME @ 1pm, Writing Grp @2pm, Dinner, Karaoke	7
8 Open 12-4:30 Spirituality Group, Brunch at 2pm, Current Events Discussion	9 Artistic Expressions, Psychoeducation, Dinner	10 Creative Writing, Zappalorti, Fun Committee, Dinner, Bisexuality/Chess Club, Thoughts & Feelings, Poetry Group	11 Walking Group, Outreach TF, Community Meeting/Dinner, Federation Meeting at LGBT Center 3pm, SAGE, Movie	12 Dating & Relationships, Trans/Gender Explorers, Dinner, Women's Groups, Games Night, Stitch & Bitch,	13 Art Studio, Men's & Women's Groups, Baking Group with Teresa @ 1pm, Writing Group @2pm, Dinner, Karaoke	14
15 Open 12-4:30 Spirituality Group, Brunch at 2pm, Current Events Discussion	16 Artistic Expressions, Psychoeducation, Dinner	17 Creative Writing, Zappalorti, Fun Committee, Dinner, Bisexuality/Chess Club, Thoughts & Feelings, Poetry Group	18 Spirituality Group, Walking Group, Outreach TF, Community Meeting/Dinner, SAGE Group (6-7), Movie Night	19 Dating & Relationships, Trans/Gender Explorers, Dinner, BINGO Night, Women's Group, Stitch & Bitch	20	21
METRO CARD DRIVE 16th-20th						
22 Open 12-4:30 Friends & Family Bruch	23 Artistic Expressions, Psychoeducation, Dinner	24 Creative Writing, Zappalorti, Fun Committee, Dinner, Bisexuality/Chess Club, Thoughts & Feelings, Poetry Group	25 Spirituality Group, Walking Group, Outreach TF, Community Meeting/Dinner, SAGE Group (6-7), Movie Night	26 Dating & Relationships, Trans/Gender Explorers, Dinner, Games Night, Stitch & Bitch	27 Baking Group with Teresa@1pm, GENDER DAY @ RHC!!! Details to follow!!!	28



Women's History Month Film Series
Wednesday Evenings after Community Meeting!!!

The Club is Open
Monday 12:30-5:30
Tuesday-Friday 12:30-8:00 & Sunday for Brunch 12-4:30pm!

SIGNS & STARS: By Richard Schmonsees and Chris Muldowney

Across

1. Pop singer who recently spun out of control
7. A hotel heiress
11. Legal partner
13. "Pseudo" God
14. The Divine Miss "M"
17. Character who said "Tomorrow is another day"
18. Famous Beauty
21. Something done 4 p.m. at Rainbow Heights
22. Name of film of gay bank robbery
24. Heroin user
26. Fish sign
28. "_____ " of love

30. Why does she want "Moore"
33. Filmmaker with sled named "RoseBud"
35. Fire sign
37. "A _____ ate my baby"
38. "Sleepless in _____"
41. Another _____ in your belt
45. Mary's Neighbor
46. _____ of the universe
48. "_____ of fools"
50. _____ Dangerfield
51. _____, tramps, and thieves
52. "_____ " beaver

Down

1. One of the original boy bands
2. He went to the temple of doom
3. Pastry named after French Leader
4. Director's puppet
5. Sang " Is it a crime?"
6. Big breasted actress
7. Vanilla _____
8. _____ and eggs
9. Lord of the Rings
10. Political term for illegal drugs
12. _____ Wood
15. Paul is dead
16. Scales
19. They will survive (maybe)
20. They spy a smart man that 'can'
23. _____ gardens

25. _____ Abdoul
27. _____ Columbus and mysterious man in computer room
29. To him everything is relative
31. Barney and Wilma & kiddie vitamins
32. Homely fashion executive TV show
34. South Dakota (abbr.)
36. Next to Noho
39. "_____ " the world in 80 days
40. "_____ " Degeneres
42. "_____ " Newman
43. Rachel plays this
44. An actor who really doesn't give a damn
45. Sonny and _____
47. Yes and _____
49. The _____ is mightier than the sword

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Reminder:
Daylight Savings Time
begins at 2AM on
Sunday, March 9,
2008

*** Set your clocks
forward one hour ***



**March is
WOMEN'S
History
Month!**

**Check out our Full
Calendar of Events on
Page 3!!**

**Answers to the
Crossword found
on Page 4!!!!**

SWEETER THAN SUGAR: by Teresa Theophano



Featured Above: Teresa Theophano, LMSW, Health & Wellness Specialist

The Friday afternoon baking group has been up and running for a couple of months now, and I've had a great time in the kitchen with my crew of bakers. Together we've made batches of homemade oatmeal cookies, blueberry muffins, walnut brownies, doughnut holes, fruit pastries, and more, and we have discussed some of the healthier ingredients we use in place of the usual refined white flour, butter, and white sugar found in conventional baked goods.

One of those healthier ingredients is agave (ah-GAH-vay) nectar; in several recipes I use a bit of this liquid sweetener, which has a texture similar to honey but a much more neutral flavor, in place of granulated sugar. I've been eating agave for years in my baked goods, atop my oatmeal, in my tea, and when making my own chocolates at home. I par-

ticularly like that it's 1 ½ times sweeter than sugar, so you don't need to use as much of it, as well as the fact that it is a safer choice for diabetics. You may know that the glycemic index (GI) is a system of measuring how much of a rise in circulating blood sugar is triggered by a carbohydrate. Agave's GI is low enough that it won't spike your blood sugar drastically.

Here are a few other facts about agave: Agave juice is harvested from wild agave plants in Mexico in a process similar to tapping trees for maple syrup.

Because agave's sweetness comes from fructose, which does not stimulate digestive insulin secretion as do other sugars, when used *in moderation* it is less disturbing to the blood sugar levels (hence the lack of a "sugar rush").

Agave has a lower glycemic index

(approximately 32) than honey (approximately 58). A GI of 55 or less is generally considered low.

Developed in the 1990s and for several years considered a specialty item that could be difficult to find, agave nectar is now on the shelves of several grocery stores along with Whole Foods Markets, and is also available at Trader Joe's at an affordable price. Be warned that it can run you several dollars more at some other health food stores though, so look for sales.

We'll talk about both eating well on a budget and using other natural sweeteners instead of sugar at upcoming health and wellness groups, so **stop by the club room at 1 pm any Thursday**. And, as you probably know by now, **the baking group takes place in the kitchen at 1 pm on Fridays**. See you there!



Reduced-Fare MetroCard Drive March 16-20, 2009

During the third week of March, Rainbow Heights Club will be holding a Reduced-Fare Metrocard Registration Drive! If you don't know about reduced-fare Metrocards already, the MTA offers reduced fare (\$1.00) to persons 65 or older or to individuals living with a physical or mental disability. The application process is quick and simple, especially if you're receiving SSI or SSD benefits. During the week of the drive, Rainbow Heights staff will work to get as many members signed up for this service as possible.



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We're on the Web!
www.rainbowheights.org

SAVE THE DATES:

March 11th
Meeting @4pm
Federation Meeting
at The Center @
3pm

March 16th-20th
METRO CARD
DRIVE @RHC

March 20th
RHC's Spring Fling
Open House
2-7pm

March 22nd
Monthly Friends &
Family Brunch!!!

March 27th
GENDER DAY/
RHC March
Birthday Party

RHC's Friends & Family Sunday Brunch

See you next time on March 22nd!!!

Friends and Family
Sunday Brunch
at
Rainbow Heights Club



The Last Sunday of Every Month!

Noon - 4:30pm
Beginning on October 26th and then
continuing on the last Sunday of each month
we invite you to invite those who
you consider to be important in your life
and your recovery, to visit your club
and join us for Brunch!

So whether you want to enjoy a delicious brunch, listen to some music,
have a chat, show off your club to your friends, or just chill with a book or
the NY Times you can do it at Rainbow Heights club.

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