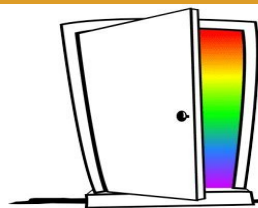


RAINBOW  
HEIGHTS CLUB  
25 FLATBUSH  
AVE. 4TH FLOOR  
BROOKLYN, NY  
11217

*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 mental health consumers.*



# Rainbow Heights Club

OCTOBER / NOVEMBER 2010

*Xpress*

## Rainbow Heights Club Receives \$5,000 Matching Donation



### Dear Members, Friends and Colleagues,

With fall in the air, 2010 is quickly drawing to a close. I write to you today to request your help in closing a significant gap in our revenue created by the loss this year of over \$85,000 in discretionary funding from the state of NY. As you might know, the dire economic conditions our state is facing have impacted all programs that rely, as we do, on significant government support to keep the doors open. With little hope of this funding being restored this year, we must once again turn to you for support.

Facing this challenge head on, we have been reaching out to our friends and colleagues for help. One of our members, Stephen Puibello, has mobilized his friends and supporters, raising over \$1,400.00 so far to support Rainbow Heights Club program services (see member spotlight in this issue).

Another of our supporters has pledged to match each and every donation we bring in through the end of 2010 dollar for dollar up to \$5,000, thus doubling the value of the donations we receive through December 31<sup>st</sup>. Without your help, we will have no choice but to reduce our hours, cut back on staff and unfortunately ask our consumers once again to go without...without a meal, without a support group, and many times, without a friend to just talk to.

...Continued on page 2

### Director's Corner: WELCOME FALL!

This summer was full of so many wonderful moments. We marched loud and proud giving voice to the rights of LGBT mental health consumers at the Heritage of Pride Parade and TransJustices' Trans Day of Action; we celebrated our lives together at our Pride Party, End of Summer Barbeque, and 8<sup>th</sup> Anniversary Open House; and gathered strength each and every day as we participated in support and activity groups, went on exciting excursions and stood by to provide personal care and support to one another just when it was needed most.

As we look ahead to the coming of fall, we can choose to hold on to these fond memories and look forward to more times together. Much like these fall days, the length of this newsletter has been shortened, but it remains packed with

opportunities and activities we hope you'll come join us for.

In October, come share a "coming out" story as we celebrate National Coming Out Day on Tuesday, October 12<sup>th</sup>, build skills during a Healthier Relationships Workshop on October 20<sup>th</sup> in honor of Domestic Violence Awareness month, or get decked out for our Halloween Costume Day on October 29<sup>th</sup>. In November, join us on November 3<sup>rd</sup> as Urban Justice Center provides information on How to Win a Fair Hearing and don't miss out on our not to be missed Thanksgiving Feast the morning of Tuesday, November 23<sup>rd</sup>!

**Happy Fall to one and all!**

~Nicole Avallone, LMSW

### UPCOMING EVENTS

**CLOSED** Columbus Day  
October 11<sup>th</sup>

**National Coming Out Day**  
October 12<sup>th</sup>  
1pm to 4pm

**Halloween Costume Day**  
October 29<sup>th</sup>  
3pm to 6pm

**UJC How to Win a Fair Hearing Workshop**  
November 3<sup>rd</sup>  
2:30pm to 3:30pm

**Thanksgiving Feast**  
November 23<sup>rd</sup>  
11am-12:30pm

**CLOSED** Thanksgiving Day  
November 25<sup>th</sup> and  
November 26<sup>th</sup>

**SAVE THE DATE:**  
Winter Holiday Party  
December 17<sup>th</sup>

All of our services are provided free of charge to our clients – but they all cost money. We will do everything we can to avoid reducing the critical services that we provide, but we need your help. If you are a member of Rainbow Heights Club, you know from personal experience how valuable our programs are to persons in recovery. If you are a friend or family member of someone who belongs to Rainbow Heights Club, you have seen for yourself the impact of our support on the person you love. Nearly 90% of our members stay out of the hospital and in the community each year because of the support they receive at Rainbow Heights Club. That means that they are able to stay in the community, close to you, where they belong.

If you're a mental health professional who works with clients of Rainbow Heights Club, you've also seen the impact of our work. Many therapists and case managers tell us that they've never seen their clients doing so well. The self-esteem and self-respect that people find at Rainbow Heights Club helps them to stay consistent with their mental health care – and that increases the impact of the services that you provide.

We hope that you will be able to help support us. Even a small donation sends a powerful message: that you care enough about our services to want to help them continue. Just \$35 helps us put a hot meal on the table for the 40 people who attend the club each afternoon; \$50 underwrites a weekly peer-run support group for an entire month. You can use the envelope provided in this issue of the *Rainbow Heights Xpress*, or you can log onto [www.rainbowheights.org](http://www.rainbowheights.org) and click on the “Donate now” Link and make your donation online.

Please rest assured that your donations will go directly to support much-needed services. Remember that through the end of the year, all donations received will be matched by our anonymous donor. Our agency's overhead expenses are very low, mainly because Heights-Hill Mental Health Service generously donates the use of Rainbow Heights Club's space and utilities.

I personally thank you for considering sharing what you have with Rainbow Heights Club this holiday season. In hard times, we all need all the support that we can get. That's why I am reaching out to you. Thank you for your time.

Sincerely,



**Dr. Christian Huygen, Executive Director**

### Stephen Puibello Helps Raise Funds for RHC



Executive & Program  
Director congratulate  
Stephen Puibello

Stephen has been a member of Rainbow Heights Club since 2009. Like many of our members, Stephen isn't able to come to the club as often as he'd like, due to the fact he's now working part time and serving as the primary caregiver for his father. On top of that, as a mental health consumer, Stephen is a member of NAMI's LGBT Leadership Group, and as an out HIV positive man, Steven is a member of Positive Peddlers, raising thousands of dollars in past years through direct participation in AIDS rides.

But, despite all that's going on in his life, when Stephen read in last December's RHC Express that we had suffered significant funding cuts. Stephen picked up the phone and offered to help....and help he did. To date, Stephen's raised over \$1,400 for the club, and he continues to reach out to his friends and acquaintances on behalf of Rainbow Heights Club. There will be more info on fundraising in the coming months. Come find out how you can get involved!



**THANKSGIVING  
DINNER!  
WILL BE HELD ON  
NOVEMBER 23RD  
@ 11AM  
JOIN US FOR FOOD &  
FUN!**

### Things We Are Proud Of...

Member Rachel Pugh is proud of her new website, “Where Creativity Abounds.com”. This website expands on accessing one's creativity and heightening one's spirit. She is proud of the site because words are power, and it gives people the ability to awaken what has been dormant for years. The website was launched September 7<sup>th</sup> 2010. Check it out!



*Celebrate National  
Coming Out Day  
With Us On  
October 12<sup>th</sup>  
from 1-4pm!*