Rainbow Heights Club helps you connect with Facebook, Wii games, and computer classes!

Rainbow Heights Club is all about helping you stay in touch, have fun, learn, and get connected with support and information. Julienne keeps you up to date in 2010 with the club’s new Facebook page. Skip leads a night of video games each week that gets you up out of your seat and moving around, having fun, and she also leads a computer class, so that you can get access to the fun! Come on out and socialize over some good old-fashioned board and card games! And let’s have some good laughs and learn computer games on the Wii like “Raving Rabbits” which is soooo funny. Or get your competitive spirit up and going with baseball, golf, tennis and bowling the Wii way! And at the end of the month when times get hard — play bingo (last Wednesday of the month) and win some useful and needed prizes! All of this and more on GAME NIGHT! Wednesday nights from 6:15 onward. LET THE GAMES BEGIN!!! For those of you on “Facebook,” Rainbow Heights Club has a fan page! You can find out about club events, see fabulous pictures of club members’ art and events, find useful club information, and explore great links to our website and YouTube links! To find our Fan Page, log onto your Facebook account, go under the “Pages” section on your Facebook “Home” page, and, place “Rainbow Heights Club” in the “Search” toolbar. Once you get to the page, hit the “Become a fan” button. You will then have access to our page! See you online!
What’s happening at your club? This coming month is chock-full of outings, educational workshops, and great times all around! Here’s just a quick rundown of many of the special events we’ll be hosting.

Throughout the month of February, we’ll be paying special tribute to the diversity of African culture in America in honor of Black History Month. On Wednesday, February 17th at 5:30pm we’ll be heading to Harlem for Uptown Dance Academy’s Tribute to James Brown and Michael Jackson! Sign up now for this great event! We’ll also be hearing presentations from members during Community Meeting each week and heading to cultural spaces in the community (like the Museum of Contemporary African Diasporan Arts). Stop by the club to find out what else is happening each week!

Are you a caregiver to a family member, loved one, or friend in your life? Find out about supports available to you on Wednesday, February 3rd at 5pm with SAGE-CAP, a new program offered by Services & Advocacy for LGBT Elders (SAGE) specifically to support LGBT caregivers.

Did you know that this spring Census 2010 will be coming your way? Ever wonder what it’s all about and if you should participate? Come get your questions answered on Wednesday, February 17th during Community Meeting (see page 5 for more details).

Looking for spaces to share your feedback about issues affecting you? On Wednesday, February 10th at 3:30pm join folks for the LGBT Community Center for the LGBT Federation Meeting (leaving the club around 3pm) and get involved in current mental health issues. Later in the month you can talk specifically about issues at Rainbow Heights Club during the Consumer Advisory Board meeting on Friday, February 19 at 3pm.

And as always at the end of the month we will be celebrating member’s birthdays on Friday, February 26th following dinner and having our Friends & Families Brunch on Sunday, February 28th from 12-4:30pm. Invite friends, family, and other important people in your life to join you on these special days!

In response to your suggestions about how we can run the club more economically, we are going to start publishing the newsletter every other month. We’ll still be in touch with you via e-mail to let you know the schedule, groups, menus, and special events here at the club so it’s more important than ever that we have your e-mail address. If you don’t have an e-mail address and would like to learn how to get one, please see Skip, Peer Specialist, or a computer savvy club member. And remember, you can always check www.rainbowheights.org for the latest updates and information. Thanks for helping us help you better!

FEBRUARY 2010 : The Things We Are Proud of...

Members were asked, “What are you Proud of, Exciting about or Looking forward to for 2010?”

Bill “Meeting someone new.”
Dee “Starting the career of my dreams.”
Dominique “Getting my face fixed and being a spring bride.”
Eileen “I’m hoping to get a full scholarship for grad school.”
Hen “I’m looking forward to moving out my housing.”
James D. “I’m happy that my medication is working.”
Lillibeth G. “I’m proud of having a peer health educator job and being able to help other people living with HIV/AIDS”
Phil “Going to back to school and I hope to get married this year.”
Skye “that I just discovered YouTube!”
Noel “I’m working on my self-esteem and I how I feel about myself.”
Tiffany “I’m looking forward to graduating from my culinary arts training program.”
Musa “I’m happy about getting a bonus from my job.”
Cleo “That I lost the weight that I wanted to and feel good about it.”
Kearny “I hope to get to go to Niagara Falls this year.”

Now it’s your turn! What are you proud of? Email one line/sentence with your first name and/or last initial to Imani imanihenry@rainbowheights.org or Call 718 852-5217 by Wednesday, February 17th 2010
Art work by Dottie Taylor (above), and Billy Medina (bottom right), among many others!

Why must we walk in the dark
afraid to hold hands
in the park in a community we also
are a part we are
not the norm you
see us often
you avoid us like
we are coughing
the night comes
and then a new
dawn is born we
are citizens of
America
not foreign born
you in hate don’t
need to be free
want us only to
submit
to your set of rules
conform

we must come out
of the dark now
New York
though you are
hard-hearted
don’t have faith
in the courts
apart
of which you are
south and north
let freedom ring
but you’re not
gonna beat on
me sin free
sing but don’t
put a finger on me
or you’ll be in
danger you’re not
my Lone Ranger
for the light will
shine bursting
forth
through the light
for in the end
we will win we
are here to stay
so get ready for
more gay parades
colored hair
we’re waiting for
yes not a nay nay so
we can get married
this is no When
Harry Met Sally
we will continue to
need to be free
want us only to
submit
rally as we walk
through the dark
est valley
until finally
we get what we
need for we too
need to be free

-Elizabeth Jones

Artistic Expressions Group meets Mondays from 3 to 4 pm, and our Healing Arts Group meets on Thursdays from 2 to 3 pm. Members have enjoyed participating in group and individual art projects, collage, watercolor and crocheting this past month. Have an idea for something new? Stop by and plan a project with us during January!

Poetry Group meets Tuesday nights from 6:30-7:30pm. Come read from a book, recite your work, or spend the hour writing your own poetry.

Congratulations to all the members who contributed works to Rainbow Heights Club’s first-ever Art Exhibition, premiered at our Winter Holiday Open House in December! Stop by the club to view remaining works on permanent display!
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A Hot Nutritious Meal is served at 4pm Monday through Friday. Sunday Brunch is served at 2:00pm.
Did you know that the U.S. Constitution requires a national census every 10 years? This year Rainbow Heights Club has partnered with the US Census Bureau as a “Be counted” site to get out the word about this important project. The Census will consist of a short questionnaire sent out to every household in the US. For the first time, this year’s Census will give people the opportunity to share information about same-sex relationships. This important information could help to raise awareness about our communities. Census data is also used to determine how federal funds are awarded to communities and affects your voice in Congress by determining how many seats each state will have in the House of Representatives. Come find out more about the Census on Wednesday, February 17th at 4:45pm when a representative comes to the club to share information and answer your important questions!

Times are tough these days. Just about everybody is struggling to cope with less income, smaller checks, and less financial support. We know that the current financial crisis is affecting each and every one of you. We want to share ideas with you, help you find resources you may not have relied on in the past, learn new skills, and find ways of making ends meet. Here are some ideas that our members have been talking about in the club:

* Buy in bulk.
* Shop at stores like BJ’s, Costco, and Western Beef.
* Avoid high-priced supermarkets like Gristede’s and Whole Foods.
* Buy a “meat plan” assortment from a discount supermarket and split it with your friends and/or roommates.
* Use the library to borrow books, movies and CDs for free.
* Buy generic brand products.
* If you have trouble budgeting, ask a responsible friend or relative to be your payee, and have them give you an allowance each week instead of receiving a whole month’s worth of support at one time.
* Get a half fare MetroCard if you are eligible.
* Use your half fare card to buy a $44.50 monthly unlimited card.
* Use Hopstop.com to help you find your way around NYC using the subways and buses.
* Find out about free concerts, museums and events, then get some friends together and go.
* Buy clothes at bargain outlets and thrift shops.
* Buy supplies like detergent and fabric softener in the largest possible size.
* Use your freezer wisely. Buy large packages of bread and milk, divide it into small containers, freeze them, and thaw them out as needed. Milk and bread, like many other foods, freeze well and keep for months.
* Use coupons when you go food shopping.
* Collect cans and bottles, and collect the deposit
* Access food pantries
* Learn to cook economical foods like dried beans, rice, and pasta at home. Big pots of beans, chili, soup or stew will feed you for days.

I created the Spanish Group because I felt that living here in the United States, Spanish is the second most spoken language. I also believed that there was an interest among members who were eager to learn another language. I feel that overall, the students in the workshop are very motivated to learn. I also feel that by my teaching, I am contributing to the club. Just by their responses, I can see that I have become involved in advancing my own skills in this area. When I am receiving student’s responses, it is a great motivation for us all to share and learn. I hope that this will create students to further any area of their education and skills. For information on one on one instruction with Peter, you can reach him at peperez23@hotmail.com.
DURING THESE HARD TIMES, HOW ARE YOU ECONOMIZING?

“I save for my savings account little by little.”
- Aaron

“I really know how to budget, and now I'm saving for a color television set.”
- Cleo

“I buy what I need first, and then save the rest for my MetroCard.”
- Yoshi

“I try to get whatever I can on sale in the supermarket.”
- Destiny

SAVE THE DATE!
February 3rd
5pm
SAGE-CAP Program

February 10th
3pm
LGBT Federation meeting @ The Center

February 17th
5:30pm
Field Trip / Uptown Dance Academy

February 19th
3pm
Consumer Advisory Board

February 26th
February Bday Celebrations

February 28th
Friends and Family Brunch

Brunch at Rainbow Heights
Want to relax after a long week?
Join RHC every Sunday for food and fun!!!

Doors Open at 12pm and Brunch is Served at 2pm.
Hope to see you and your appetite there!