

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.

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

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RHC at NYC PRIDE!!

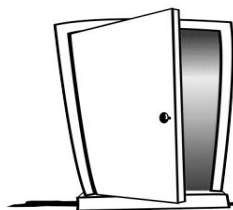
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Rainbow Heights Club

May 2009

Xpress

E/Quality Care: A one day conference on
CULTURALLY COMPETENT CARE FOR LESBIAN, GAY, BISEXUAL
AND TRANSGENDER PEOPLE
May 13th, 2009 9-4:30pm

E/QUALITY CARE

A conference for consumers and providers in partnership to build LGBT-affirming mental health, alcohol and substance abuse, and mental retardation/developmental disability treatment and recovery.

The LGBT Citywide Committee on Mental Health, Mental Retardation, Developmental Disability, Alcoholism and Substance Abuse Services of the DOHMH Federation presents E/Quality Care Conference at the LGBT Community Center on 208 West 13th Street between 7th and 8th Avenues. Learn how LGBT consumers of mental health, mental retardation and developmental disability, and alcoholism and

substance abuse services can receive the affirming, culturally competent care that they deserve and need. Attendance is free, but you must register to attend. Lunch and other refreshments will also be provided free of charge to registered attendees. To receive registration information, e-mail Parker Hurley at conference@rainbowheights.org. The conference is co-sponsored by The New York City Department of Health and Mental Hygiene, DOHMH Office of Consumer Affairs, The New York State Department of Health, The LGBT Community Center, and Rainbow Heights Club.

Rainbow Heights is Marching in NYC PRIDE Parade for the First Time!!!

Rainbow Heights will join thousands of LGBT individuals and our allies in celebrating the 40th anniversary of The Stonewall Uprising. This year also marks an important milestone for RHC as we will be marching in NYC Pride for the first time! Rainbow Heights Club's presence in the march aims to bring awareness to the unique issues facing LGBT individuals living with mental illness. Our participation will encourage the broader LGBT community to begin to tackle these issues and work to eliminate the stigma that exists around mental illness. To march with RHC in the parade, stop into the club and sign up!

Rainbow Heights Club

NYC PRIDE 2009

Make History With Us...

RHC WILL BE MARCHING IN NYC's Pride Parade for the FIRST TIME...

JUNE 28th 2009!!!

Join us as we celebrate the 40th Anniversary of Stonewall. Sign Up to Walk at RHC!!

More Details to follow.

Please call 718-852-5211 with any questions.

Show your Pride with Rainbow Heights!



Members who march Get a FREE T-Shirt!

Director's Corner: Nicole Avallone, LMSW

They say April showers bring May flowers and here at Rainbow Heights Club things are really in full bloom! There are so many exciting offerings in the month of May; we hope you'll come out to join us.

On **May 9th**, a Rainbow Heights Club team will once again be participating in **NAMI Walks NYC**. NAMI, or the National Alliance for Mental Health, is a national organization that provides information and advocacy on mental health issues. Our involvement gives a visible presence for LGBT consumers who often face significant challenges in accessing LGBT-affirming mental health services. We thank

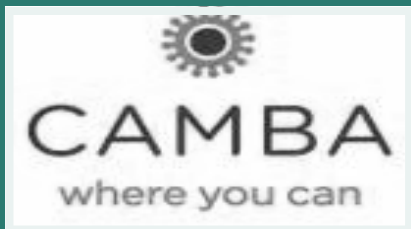
NAMI-NYC for the work that they have been doing to raise awareness around the needs of our communities.

Save the date for the **E/Quality Care Conference on May 13th**! This first-of-its-kind conference will address how LGBT consumers can receive affirming, culturally competent care that they deserve and need. See the front page for more information about this exciting day organized by consumers and providers.

Interested in learning more about HIV/AIDS prevention and treatment? Through the month of May and into June, Rainbow Heights will be giving special focus to this issue with two series of work-

shops, one exclusively for our female identified members (hosted by CAMBA) and another for our other club members. See below for more details.

As always, don't forget to stop in for our **Birthday Celebration** on the last Friday of the month, **May 29th**, and our monthly **Friends & Families Brunch**, on **May 31st**. These monthly gatherings have been a blast. You don't want to miss out on the excitement! Looking ahead to June, get ready for the fabulous festivities of our annual **Pride Celebration on June 19th**. It may seem a long way off, but this is a not to be missed event at Rainbow Heights Club so mark your calendars now! And a happy Spring to one and all!



CAMBA & RHC Collaborate to bring HIV Education to LGBT Mental Health Consumers

Did you know that Brooklyn has one of the highest rates of HIV infection in the entire country? Whether we are living with the virus or not we can all learn ways to make healthier choices for ourselves in our lives. Plus, the more we know the better we'll be able to support and educate other people in our communities. That is why Rainbow Heights Club will be having a special focus on HIV/AIDS prevention and education through the month of May and into early June.

Rainbow Heights will be teaming

up with staff from CAMBA to provide a weekly workshop series, starting on Wednesday, May 6th and continuing until Wednesday, June 3rd, for our female identified members. CAMBA has been providing HIV/AIDS services to Brooklyn residents for over 20 years and is a true leader in their field.

The series, entitled SISTA (Sisters Informing Sisters About Topics on AIDS), has been warmly received everywhere that it's been offered and we expect a similar reaction here at the club. We hope you'll stop in

for more information and to get involved with this exciting new offering.

While the women are participating in the SISTA group, Rainbow Heights Club staff will be hosting our own in-house workshop so no one misses out on this important information.

Both workshop series will have some pretty enticing incentives to participate but you have to sign up to be part of the fun. Stop in soon for more details. We're sure you'll have a great time and you just might learn something new!



MAY 2009



Sun	Mon	Tue	Wed	Thu	Fri	Sat
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The Club is Open
Mondays 12:30-5:30,
Tuesdays—Fridays 12:30-8:00
& Sundays 12-4:30pm!

A Hot Nutritious Meal is served at 4pm
Monday through Friday.
Sunday Brunch is served at 2:00pm.

1 Writing Group,
New—'Addictions'
Group, Men's Group,
Lesbian Group,
Karaoke
MAY DAY

2

3 Open Support
Group, Brunch,
Current Events
Discussion

4 Artistic
Expressions Group,
Psychoeducation
Group, Open
Socialization

5 Zappalorti, Fun
Committee, Bi/
sexuality/Chess Club,
Thoughts & Feelings,
Poetry Group

6 Walking Group,
CAMBA/HIV Ed,
Outreach TF,
Community Meeting,
SAGE, Movie Night

7 Trans/Gend Ex-
plorers, Women
Group, New—
Cooking Group,
BINGO Night, **New-
Music Group**

8 Writing Group,
'Addictions' Group,
Men's Group, Lesbian
Group, Karaoke

9
**NAMI
WALK
NYC**

10 Open Support
Group, Brunch,
Current Events
Discussion

11 Artistic
Expressions Group,
Psychoeducation
Group, Open
Socialization

12 Zappalorti, Fun
Committee, Bi/
sexuality/Chess Club,
Thoughts & Feelings,
Poetry Group

13 **E/Quality Care
Conference**
@ the Center

**RHC CLUB
CLOSED**

14 Trans/Gender
Explorers, Women's
Group, Cooking
Group, Games
Night, Music Group

15 Writing Group,
'Addictions' Group,
Men's Group, Lesbian
Group, Karaoke

16

17 Open Support
Group, Brunch,
Current Events
Discussion

18 Artistic
Expressions Group,
Psychoeducation
Group, Open
Socialization

19 Zappalorti, Fun
Committee, Bi/
sexuality/Chess Club,
Thoughts & Feelings,
Poetry Group

20 Walking Grp,
CAMBA/HIV Ed,
Outreach TF,
Community Meeting,
SAGE, Movie Night

21 **CAMBA/HIV Ed**,
Trans/Gender Ex-
plorers, Women's
Group, Cooking
Group, BINGO
Night, Music Grp

22 Writing Group,
'Addictions' Group,
Men's Group, Lesbian
Group, Karaoke

23
GENDER DAY 2-4pm

24 Open Support
Group, Current
Events Discussion
**Friends & Family
Brunch**

25 Artistic
Expressions Group,
Psychoeducation
Group, Open
Socialization

26 Zappalorti, Fun
Committee, Bi/
sexuality/Chess Club,
Thoughts & Feelings,
Poetry Group

27 Walking Group,
Outreach TF,
CAMBA/HIV Ed,
Community Meeting,
SAGE Group, Movie
Night

28 Trans/Gender
Explorers, Women's
Group, Cooking
Group, Games
Night, Music Group

29 Baking Group, Writ-
ing Group, **BDAY
Party @4:30!**,
'Addictions' Group,
Men's Grp, Lesbian
Group, Karaoke

30

31

Historic First-Ever Survey of the Needs of LGBT New Yorkers Statewide

As one of the co-chairs of the technical assistance committee of the Empire State Pride Agenda's LGBT Health and Human Services Network, Executive Director Christian Huygen helped to plan and oversee an exciting survey of the health and human service needs of LGBT adults all across New York State. The survey was open from April 6-20. This survey will help us demonstrate to funders that there

is an enormous amount of unmet need for services and support. Many Rainbow Heights Club members took part in the survey and made sure that they and their needs were counted. Thousands of LGBT New Yorkers took part. Your efforts helped us to far surpass the number of people we were hoping would participate.

We don't yet have results from the survey, but we will share them with you soon.

Rainbow Heights Club Members Travel to Albany for Empire State Pride Agenda's Equality and Justice Day

On April 28, 2009, seven Rainbow Heights Club members joined Executive Director Christian Huygen on a bus trip to Albany to take part in this year's Equality and Justice Day. Jillian Henry, Michael Lozada, Bert Coffman, Billy Medina, Nelson Scott, Michelle Woolard and Stacy Wright joined thousands of other people from across

New York State to speak with their legislators about the importance of marriage equality, safety from harassment and bullying in schools, and the freedom to express our gender identity. It was an exciting day. Come to community meeting on Wednesday afternoons to hear about ways you too can get involved in LGBT advocacy!



AHRC Hosts LGBT Mixer

On April 29th AHRC organized an LGBT Mixer between AHRC and Rainbow Heights Club's members to mingle and socialize over pizza and soda. The mixer was held in a safe, sober environment with staff from AHRC and Rainbow Heights present. The event was the second of its kind and proved to be an even bigger success, with about 20 members present.

AHRC works to meet the needs of over 11,000 individuals with mental retardation and developmental disabilities. AHRC's group for clients who identify as Lesbian, Gay, Bisexual, Transgender, and Queer is one of the only resources in NYC specifically meeting the needs of LGBT MR/DD individuals. The work of AHRC will be showcased at the E/Quality Care Conference on May 13th. (For registration information please e-mail conference@rainbowheights.org)

AHRC is located at 80 Maiden Lane NY, NY 10038. More information about AHRC and their services can be found at: www.ahrcnyc.org or by calling them at 212-780-2500.

INTRODUCING RHC's NEW Health & Wellness Peer Intern: EILEEN CHEUNG



Eileen has been interested in health and nutrition her whole life as a way to balance mental health and overall wellness. She worked on an organic vegetable farm in Valley Falls, NY, last spring, and has been a part of a Community Supported Agriculture (CSA) program, in which individuals purchase a share of a local farmer's bounty each year, through a Bushwick childcare cooperative. Eileen says that because we put food in our bodies at least three times a day, it's really important to look at diet as a way to keep ourselves healthy.

We are happy to have her on board!

Shopping with Teresa!



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

As announced in a recent community meeting, RHC has made a few changes to its nutrition program. The **food shopping group** will now take place on Thursday afternoons at 1:30 pm. If you haven't had a chance to join us on our expeditions to Trader Joe's and other local stores by all means plan on attending.

I'm also happy to share that we are now offering a **Thursday evening cooking and nutrition group** from 5:30-7:00 in the kitchen. Wondering how to make a tasty meal on a limited budget? Have recipe ideas to share? Want to take home a serving of a meal that *you* helped make here in our kitchen? Come on by!

Last but not least, we're changing the **baking group** schedule; we'll prepare baked goods only on the last Friday of each month. Our finished product will be served at the Friends and Family Brunch, which takes place on the final Sunday of every month. Any questions? Drop the club anytime and ask to talk to me!

Gender Day at Rainbow Heights



Featured: Members and staff who participated in Gender Day fun! Come out for our next day on May 22nd!



On March 27th Rainbow Heights Club members and staff celebrated all genders by hosting the first ever Gender Day. The event was one of the ways that RHC acknowledges and respects all genders. Members and staff had fun with make-up, wigs and neck ties!

The next Gender Day is scheduled for May 22nd from 2:00-4:00pm. To help plan the events of the next Gender Day please come to community meetings held every Wednesday 4:30-6pm. For more information please call 718-852-2584.





RHC's Roving Reporter...

25 Flatbush Ave.
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Brooklyn, New York
11217

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info@rainbowheights.org



Featured Above: Natalie Lessinger,
RHC's Roving Reporter

“What Changes Have There Been in Your Life Since You’ve Come To Rainbow Heights?”

“I’ve met people that I would move mountains for.”

-A.J.

“I’m more trusting, safe, assertive, and confident.”

-G.P

“A great chance to meet more members of the LGBT community.”

-Anonymous

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

SAVE THE DATES:

May 9th

NAMI Walk NYC

May 10th

Happy Mother's Day!

May 13th

E/Quality CARE

Conference

9-4:30pm

@ LGBT Center on

W. 13th St./

RHC CLOSED

May 22nd

Gender Day: Part 2

2-4pm

May 29th

May Birthday

Celebration

May 31st

Friends & Family

Brunch

RHC's Friends & Family Sunday Brunch

See you next time on May 31st!!!

Friends and Family
Sunday
Brunch
at



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.

25 Flatbush Avenue, 4th Floor Brooklyn, NY 11217
718 852 2584 • www.rainbowheights.org