NYAPRS Legislative Day in Albany

On Tuesday, February 25th, the NYAPRS Annual Albany Legislative Day brought upwards of 550 passionate self and system advocates to Albany to press for this year’s NYAPRS member priorities, including 3% across the board hikes for NY human services nonprofits, passage of landmark Solitary Confinement reform legislation, Trauma-Informed policy change and many more issues. OMH Commissioner Ann Sullivan and Senate Mental Health Committee Chairman David Carlucci roused our community as did Harvey Rosenthal. We engaged in an energizing rally below the State Capitol Steps and marched our way into the Capital Offices for a meeting with our local legislator.

Thoughts from our Hoarders/Clutterer’s Group Members...

“The group means constructive help that I can’t necessarily get from anyone who doesn’t understand the issues we have.”

“What this has meant to me is a place to feel able to share with like minded people. It’s not so overwhelmed and that doing a little is better than nothing. Staying focused is hard for all of us. So you can take the pressure off your guilt.”

“The group means a control mechanism. Right now, I’m managing because I have help. When I am away from home at extended periods of time, things pile up and it’s too easy to be slow about getting back in the habit of organizing and eliminating. The group helps me to always remember how easily I can fall back on an old not-so-good habit.”

“I appreciate Hoarders and Clutterer’s Group meetings because they have provided moral support because I know others have similar issues. The group also has given me good ideas on how to start/clean up areas, and resources/references for help.”

“The group has helped me a lot actually. I felt stuck for a long time and felt like nobody really cared what I did. I realized that I am sort of a clutterer because of all the papers and magazines and such that pile up. I have made some progress in getting rid of things.”

“I was so relieved, when I started coming to the Hoarder’s/Clutterer’s Group, to find out that I wasn’t alone. There were other people out there, who had a hard time parting with possessions. I was so happy to welcome into my life, a group of new friends, who faced some of the same challenges, that I did. When we share our successes each week, it inspires me to tackle the same goal. And it gives me hope that, I too can conquer the battle between keeping everything, or living in a clutter free home.”
The Artist Charmaine Wheatley met and talked with us individually for about 45 minutes in October of 2017. The beauty that she was able to bring out in me was amazing to me. My visual learning style, “She heard me”. Resumés, Market Plans, Portfolios, … and other paperwork do not hear the true beauty inside that she presented to me of me. It’s not a professional expectation but it is for me, listening, being heard. It was done in a small size [3x4”] to hold in my hand and expanded into a [5x10”] portrait to display and present in a documentary, “Fighting Stigma”. It was then displayed at the U of R library and now at the Mental Health department at Strong Medical Center. This picture tells so much of my story for me. I am truly amazed at how she captured so much with the different colors.

“I Color My World as a Kingdom Agent of Change”

A song as a teenager reminded me of the many experiences I had. I remember the words of a song by singer “Frank Sinatra” … “That’s life” … and as funny as it may seem, some people get their kicks stompin’ on a dream, But I don’t let it, let it get me down ’cause this fine old world, it keeps spinnin’ around. I’ve been a puppet, a pauper, a pirate, a poet, a pawn and a king I’ve been up and down and over and out and I know one thing Each time I find myself flat on my face I pick myself up and get back in the race …”

Through the beauty of Temporary work, sports and volunteering I said “That’s life”, In sports, I been a runner, I played basketball, … At Work, I’ve been a file clerk, a cashier, a senior companion, a night driver, a business owner, a mentor, a coach, a caseworker, a counselor, … and volunteering, Mental Health, Toastmasters, … and I am still learning and growing. And on this journey of life when I feel that I have been knocked down, “I pick myself up and get back in the race …”

I look around at the beauty and many lessons learned along this journey for me to keep me strong and this beautiful picture that reminded me thru the beauty she captured so much of me. There is no way she could include everything but the beauty of what she did capture, reminded me of more of myself that I thought I lost along this journey of life with many of my losses many of my life changes.

The picture reminds me of the beauty of the variety of things that I have done from the beauty of my parent which imparted so much. My Father imparted to do my best in all that I do and enjoy what I do. My mother imparted loving books, learning and research, knowing why and how things come about.

Finally, I tell myself Maxine … whatsoever things are true, … are honest, … just, … pure, … lovely, … are of good report; if there be any virtue, and if there be any praise, think on these things. [Philippians 4:8]

I was distracted by the twist in my lips, when I looked back at sketches I have done on myself from pictures of myself I noticed my lips with the same little twist. This picture encouraged me to look at other artwork that was done of me and see my lips in a different light. Seeing myself from other eyes as I am adding more color to my life.

Continuing this journey I Believe in sharing Wisdom that only life’s experience and the lessons learned can provide. Acknowledging Myself and Seeing, The Beauty Inside Me, as I continue to color my world. - Maxine
CWO artists and makers gathered February 14th and Feb 15th for the Heart Bazaar, an Artist and Makers Market showcasing a variety of artwork and handmade items. Artists shared that they felt supported by each other and the community. They worked together as a collective to celebrate and uplift each other. And many felt that the atmosphere was lively and energizing. Some new makers and artists felt that it was a way to get their feet wet and to get out of their comfort zone. One new artist expressed that they “loved the experience, I would do it again.”

On January 28th, fifteen creatives gathered together for an all-day Frame-Up Workshop. Together they choose a theme, a common shape, and color to incorporate into their 14x18 creations. Together they created a collective of thematic work exploring the world of dreams. They chose to incorporation a circle and the color blue within their compositions and designs. This wonderful collection of works will be on display in the Grotto Gallery through March.
CWO Annual Art Show 2020 Drop-Off & Pick-Up Schedule

“BELONGING”

The exhibit will be held at CWO May 1st, 2020 coinciding with the community First Friday event of the month. Artist may pick-up their work from last year’s show when dropping off art work or simply pick-up artwork if not participating in this year’s show. Artwork will be exhibited at 320 North Goodman Street for a period of one year. Sold items may be removed after July 8th.

The CWO will be accepting submissions at 320 North Goodman Street, Suite 201, located in the Village Gate plaza on:

- April 4th, 11:00AM - 1:00PM
- April 7th, 1:00PM - 3:00PM
- April 8th, 10:00AM - 12:00PM
- April 9th, 3:00PM - 7:00PM

- The CWO has the right to refuse entries that are potentially sensitive, triggering, or provocative.
- Eligible entrants are persons who have had a lived experience with mental health.
- An artist may enter up to three original pieces of artwork. We will accept pieces of varied sizes.
- Original 2D artwork will be accepted in the categories of acrylic, oil, watercolor, pen/ink, pencil, marker, oil pastel, charcoal, photography, digital photography, digital media, fiber art, and mixed media.
- All 2D artwork must be matted and/or framed, and wired for hanging 1/3 down from top of the frame, with the wire pulled taut. (Guide provided upon request)
- Canvas pieces must have finished sides or be framed.
- Original 3-D artwork in clay, paper, wood, wire, etc. can be submitted for admission.
- Artwork can be for sale or not for sale.
- Artists will need to sign a provided contract giving consent to display and/or sell artwork in order to be part of the show. Each artist must be physically present to submit artwork. All artwork need to be labeled clearly on each piece with artist name, artwork title, and medium/mediums (art materials used). Labels will be provided upon submission of artwork along with contract.

If you need assistance with directions for matting or framing, or have any other questions you are welcome to contact Laura Mancuso at (585)325-3145 x 142 or the CWO peer office at x 144.

6x6 IS BACK

Join the CWO CREATION PARTY of 6X6 artwork for ROCO’s 6X6X2020 Art Exhibit.

March 12th 1-7:30PM
March 14th 11AM-2PM

Featuring 2D & 3D artwork that is ONLY 6 inches square in size from all over the world for a charitable cause.

A 13 Year ROCO Tradition

Healing Voices Film

Come watch the film “Healing Voices” and join the discussion afterwards. We will also be exploring the option of starting a mutual support group for those with experiences of hearing voices, seeing visions or having other unshared perceptions.

March 19th 12PM-2PM
Join our exploration!