

ISSUE 42

The

FEBRUARY 23, 2024

Rainbow Express

- NEWSLETTER -

ART BY
ZACHARY DECKER



BY YOU.

= ZACHARY DECKER
TATTOO BY
FOR YOU.

The Rainbow Express

- NEWSLETTER -

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THATS HOW IT GOES!

Welcome to the latest edition of the Rainbow Express Newsletter! We're delighted to share the newest updates from our vibrant clubhouse community, where every day brings new opportunities for growth and connection. Join us in extending a warm welcome to our newest interns, Chris and Jennifer, who have already brought fresh energy and enthusiasm to our team. As we welcome these new faces, we also welcome the changing of the seasons, ushering in warmer weather and brighter days ahead. It's the perfect time to embrace the outdoors and enjoy the



beauty of springtime. We want to take a moment to remind all members of the importance of active participation in our work-ordered days. Your contributions are the driving force behind our success, and your dedication is truly appreciated. As we continue to move forward, we encourage everyone to share their ideas and suggestions for programming and workshops. Your input is invaluable as we strive to create meaningful experiences for our community. A special shoutout goes to Miguelina Jaquez for her outstanding work on transcribing the rainbow poetry. Your dedication to preserving our creative expressions is truly commendable, and we're grateful for all that you do. Lastly, we want to express our gratitude to each and every one of you for your continued support and involvement in the clubhouse. Your presence and participation are what make our community so special, and we're excited to see what we can achieve together in the days and weeks ahead. Thank you for being a part of the Rainbow Clubhouse family!

Wellness

The Rainbow Express

STAYING HEALTHY IN NYC

Embrace the City's Vibrant Communities:

New York City is a melting pot of diverse communities, each offering a unique experience. Take the time to explore these neighborhoods and engage with the people who call them home. Attend local events, join clubs, or participate in community projects. Building connections within these communities can positively impact your overall health and well-being.

Prioritize Self-Care Amidst the Urban Hustle:

In the fast-paced rhythm of NYC, self-care becomes crucial. Dedicate time to maintain your physical and mental health. Regular exercise, a balanced diet, and effective stress management are key. Encourage your loved ones to adopt these practices as well, creating a support network that champions well-being.

Explore the City Together:

The city's iconic streets and parks offer endless opportunities for physical activity. Explore the urban landscape on foot or by bike and invite friends or family to join you. Engaging in active pursuits together not only enhances your fitness but also strengthens your relationships and opens doors for meaningful conversations.

Wellness

The Rainbow Express

STAYING HEALTHY IN NYC (CONT.)

Foster Fulfilling Connections in the City:

New York City is a place where connections can flourish. Focus on nurturing healthy relationships with friends, family, and romantic partners. Learn the art of effective communication, conflict resolution, and mutual support. Seek out local resources and workshops to enhance your interpersonal skills and create lasting bonds.

Nurture Family Bonds in the Big Apple:

Raising a family in NYC is a unique experience. Prioritize quality time with your children by being attentive, responsive, and available. These strong emotional connections foster essential life skills, including self-confidence and emotional resilience. Consider joining parenting groups or attending workshops to gain valuable insights and build a strong support system.

In the city that never sleeps, your well-being remains paramount. By embracing the city's communities, practicing self-care, engaging in active adventures, fostering fulfilling connections, and nurturing family bonds, you can thrive in the vibrant and dynamic landscape of New York City. Remember, the city offers not only excitement but also opportunities to nurture your mind and body, ensuring a healthy and fulfilling urban life.

SHOUTOUTS

*SENDING LOVE, THANKS
AND APPRECIATION*

*Shoutout to Tony Lewis for all his
work! Congratulate him on his GED,
Resume, and employment success!*

Welcome to Chris and Jennifer!!

Thank you ROSE!!!

SHOUTOUT DIANA!!!!!!!1



Want to send a shout out?
Share it with Zach or a member of the Newsletter Team!

WELCOME NEW MEMBERS

There are always new faces in the clubhouse and new names to learn. Lets give a HUGE welcome & shout-out to some of the newest members of the Rainbow Club who recently joined us!



**TAMACU GILES
WILLIAM HARRIS
ARSHANE SIMMONS
JUDY HAYES**

MEMBER VOICES

The Rainbow Express

LIVING COLOR

BY GEORGE STEWART

**Why when you come up with a bright
idea, life is still dark in the reality of
your mind?**

**It is because you are still seeing things
in Black and White.**

**When you see things in living color, you
can see the light.**

**So I ask you how you living? Because if
it's black and white you not living right.**

Living color you are living right.

**Walk away from the Black and White
concept and walk into the light.**

So I ask you...

How you living in living color?

MEMBER VOICES

The Rainbow Express



MOVIE REVIEW!

“YOU PEOPLE”

MOVIE REVIEW BY TONY LEWIS

The movie “You People” is a very funny new film, directed by Kenya Barris, who is the creator of the hit series “BLACK-ISH”. This is his directing debut of a feature film, and I must admit it was hilarious!!! Starring Eddie Murphy, Julia Louise-Dreyfuss, Lauren London, and Jonah Hill, who also wrote this comedy with directed Kenya Barris. After some really funny dialogue from the opening credits, the movie escalates to the meeting of two millennials from different backgrounds who fall in love and face ultimate relationship tests when their families and cultures clash!

CAUTION!!! This film is rated R for language, sexual friskiness, and cannabis use.

Jonah Hill stars as Ezra, a Jewish white man with a bragging family and his love interest Lauren London costars as a beautiful African-American woman who has a Muslim background. This movie also has LOTS of guest appearances such as Nia Long, David Duchany, Deon Cole, Elliott Gould, Andreas Sauge, Rhea Perlman, Mike eggs and more.... and of course Eddie Murphy!

Notes! VERY FUNNY! But be warned, lots of cursing and vulgar language, that being said, if you wish to see an exciting drama/comedy about diversity and relationship between two people and their families who navigate through expectations, beliefs, and stereotypes of society... See this movie!

On a scale of 1-10, I give “You People” a solid 8!

MEMBER VOICES

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LOVE

BY SALAAM ELLIS

When a man loves That special woman, you don't put no other woman above her. I get mesmerize and hypnotize, when i look into my future soulmate. ebony eyes. I dress to impress the young ladies and older woman. Because my Mother taught me to be a gentleman. When i go on a date with my Carribean + Latino queen. I'm never late, You're the girl i dream about in every love poem i write. I love you in a place where, There's no space, girl i like your style.

By
SALAAM ELLIS

MEMBER VOICES

The Rainbow Express

SOULMATE

BY SALAAM ELLIS

IT is a pleasure and a treasure to have you as my soulmate. It was also very beautiful to have you as my wife. When we shared our life together for 8 wonderful years. You will always be my Caribbean Queen.

By
SALAAM

I dedicate this poem to Debra, my soulmate that past away from cancer!

Ellis

MEMBER VOICES

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LOVE PT. 2

BY SALAAM ELLIS

I don't ^{Play} no games When, I'm
rapping To any woman. Cause
I have The gift of gab.

I'm a Romeo and Casanova.
I dress To impress young ladies
and older woman. I have a
golden voice and it is my
~~choice~~ choice To choose any
fine woman. I Know how
To wine and dine a lady.

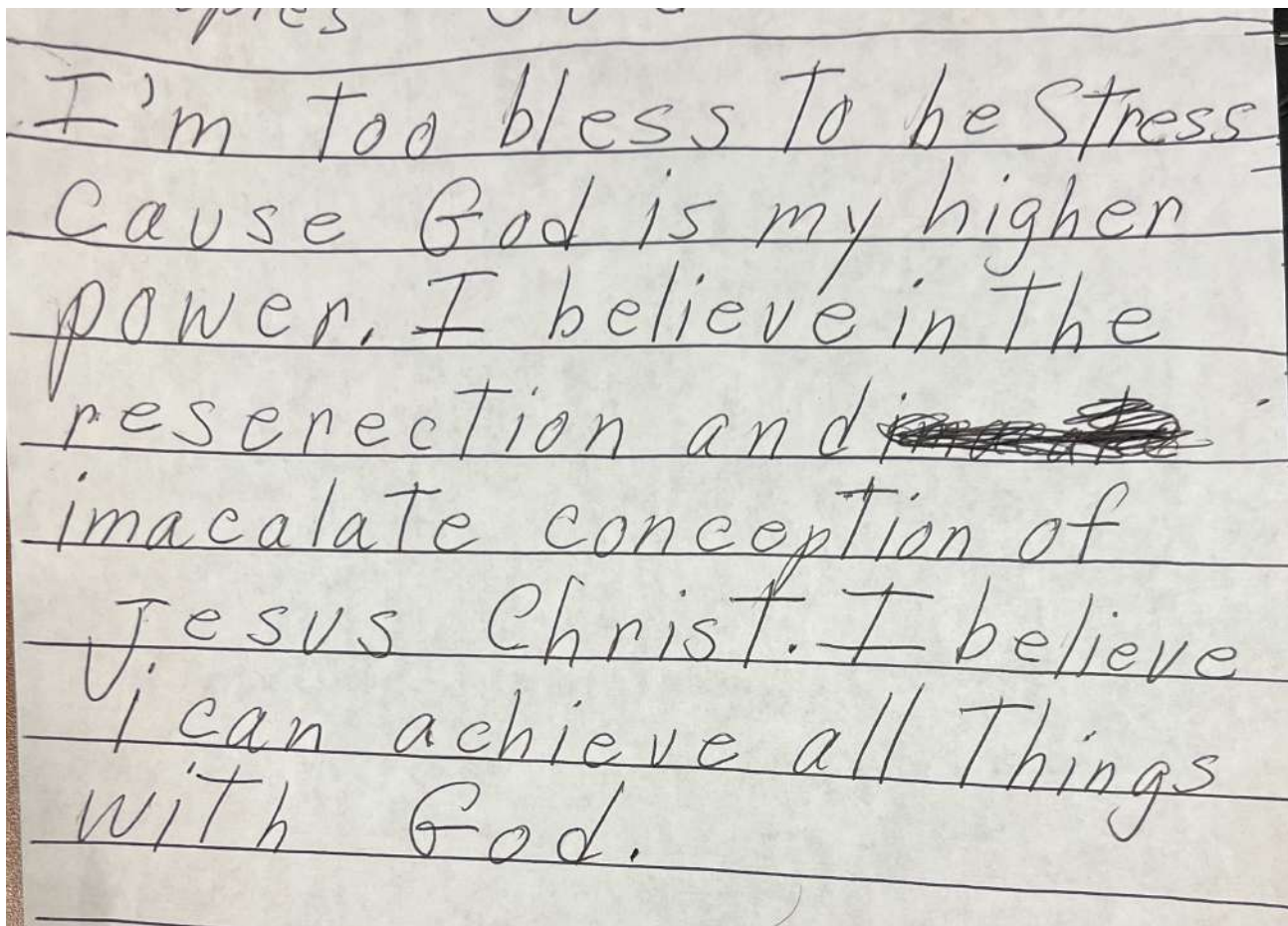
by
SALAAM

MEMBER VOICES

The Rainbow Express

GOD

BY SALAAM ELLIS

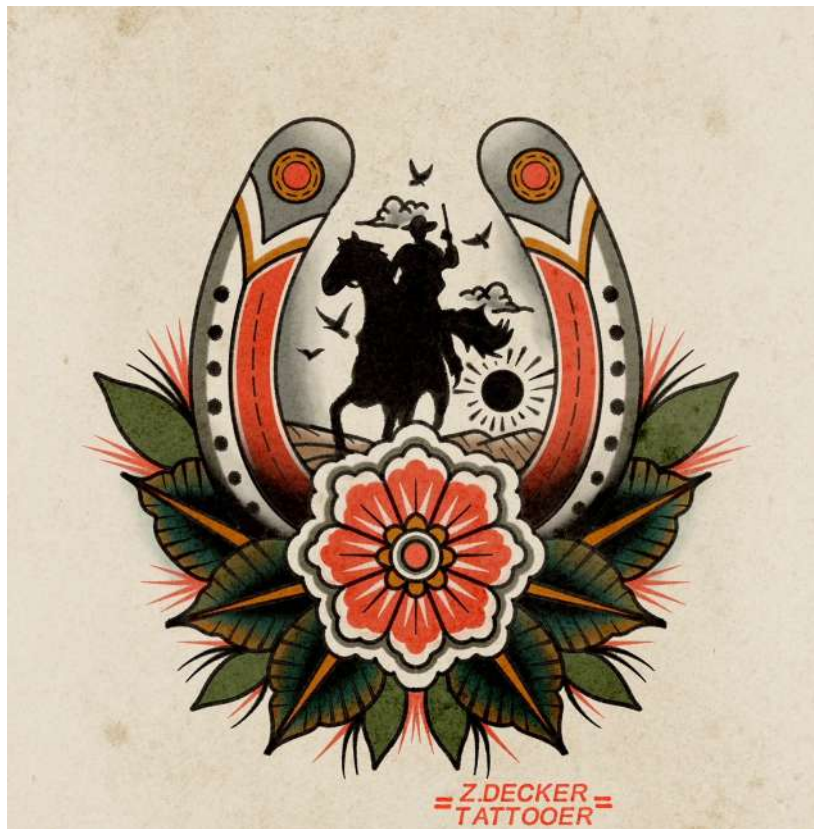
A photograph of a piece of lined paper with handwritten text in cursive. The text is written in dark ink and spans several lines. There is a correction in the middle of the text where a word is crossed out and replaced. The handwriting is somewhat informal and slightly slanted.

I'm too bless To be Stress
Cause God is my higher
power. I believe in The
reserection and ~~immaculate~~
imacalate conception of
Jesus Christ. I believe
I can achieve all Things
with God.

ARTWORK SHOWCASE

The Rainbow Express

We are very excited to continue showcasing the incredible work of tattoo artist and Rainbow member, Zachary Decker.



ARTWORK SHOWCASE

The Rainbow Express

Please enjoy the incredible artwork by Berndhart Johns!



PHOTOGRAPHY

The Rainbow Express

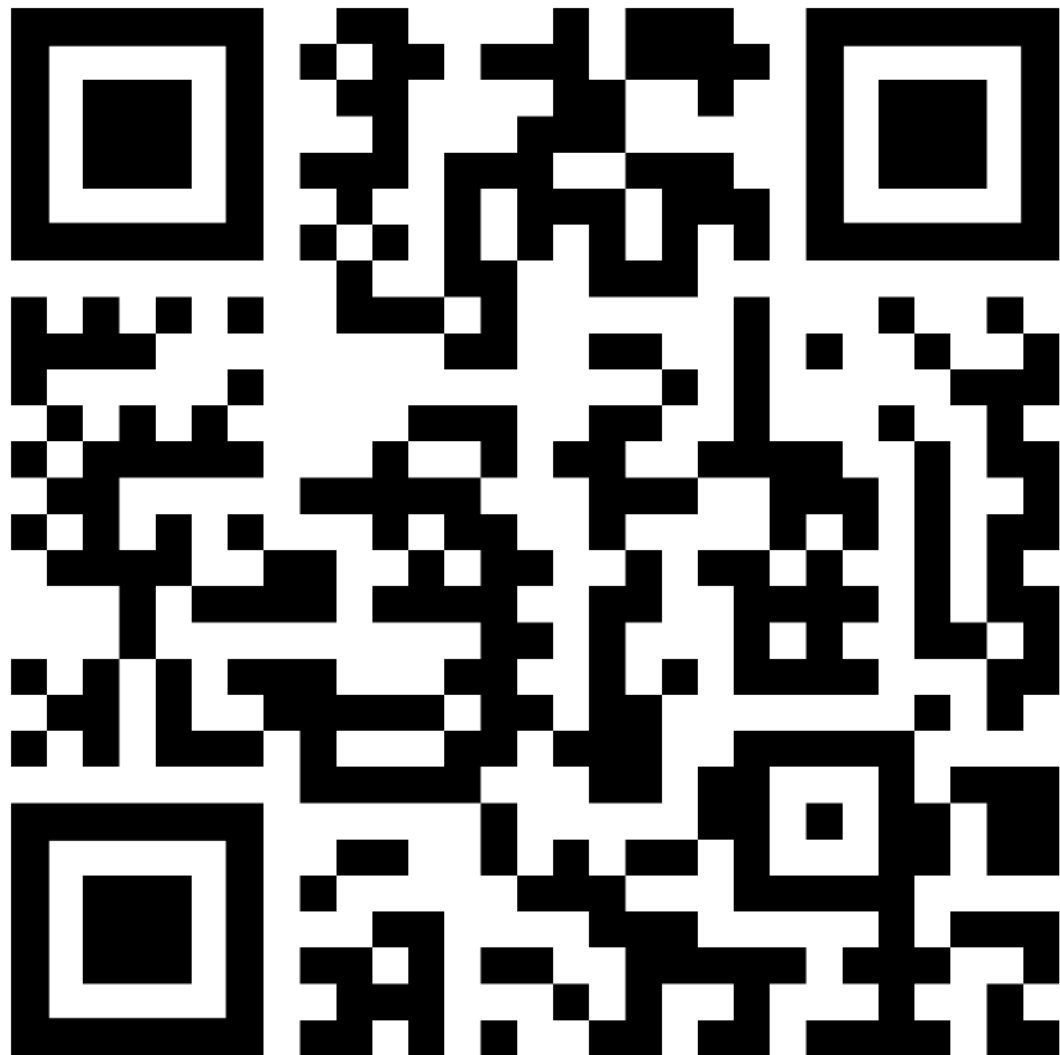
Check out the photography of rainbow member, Jessica Santiago! Make sure to check out her music as well, ask her next time you see her to show you her page.



THE RAINBOW RUNDOWN

The Rainbow Express

Scan the QR Code below to head to our Youtube Channel and listen to the latest episode of the Rainbow Rundown!



HEALTHY RECIPES

15-MINUTE SPICY RAMEN

INGREDIENTS

- 3 (3 1/2-ounce) packages ramen noodle soup mix (such as Nissin), seasoning packets discarded
- 1/4 cup reduced-sodium chicken broth
- 1 tablespoon plus 2 1/4 teaspoons reduced sodium soy sauce
- 1 tablespoon canola oil
- 1 tablespoon light brown sugar
- 2 teaspoons rice vinegar
- 2 tablespoons toasted sesame oil, divided
- 1 1/2 teaspoons crushed red pepper, divided
- 1 tablespoon finely chopped garlic
- 1 teaspoon grated fresh ginger
- 1/2 cup sliced scallions



HEALTHY RECIPES

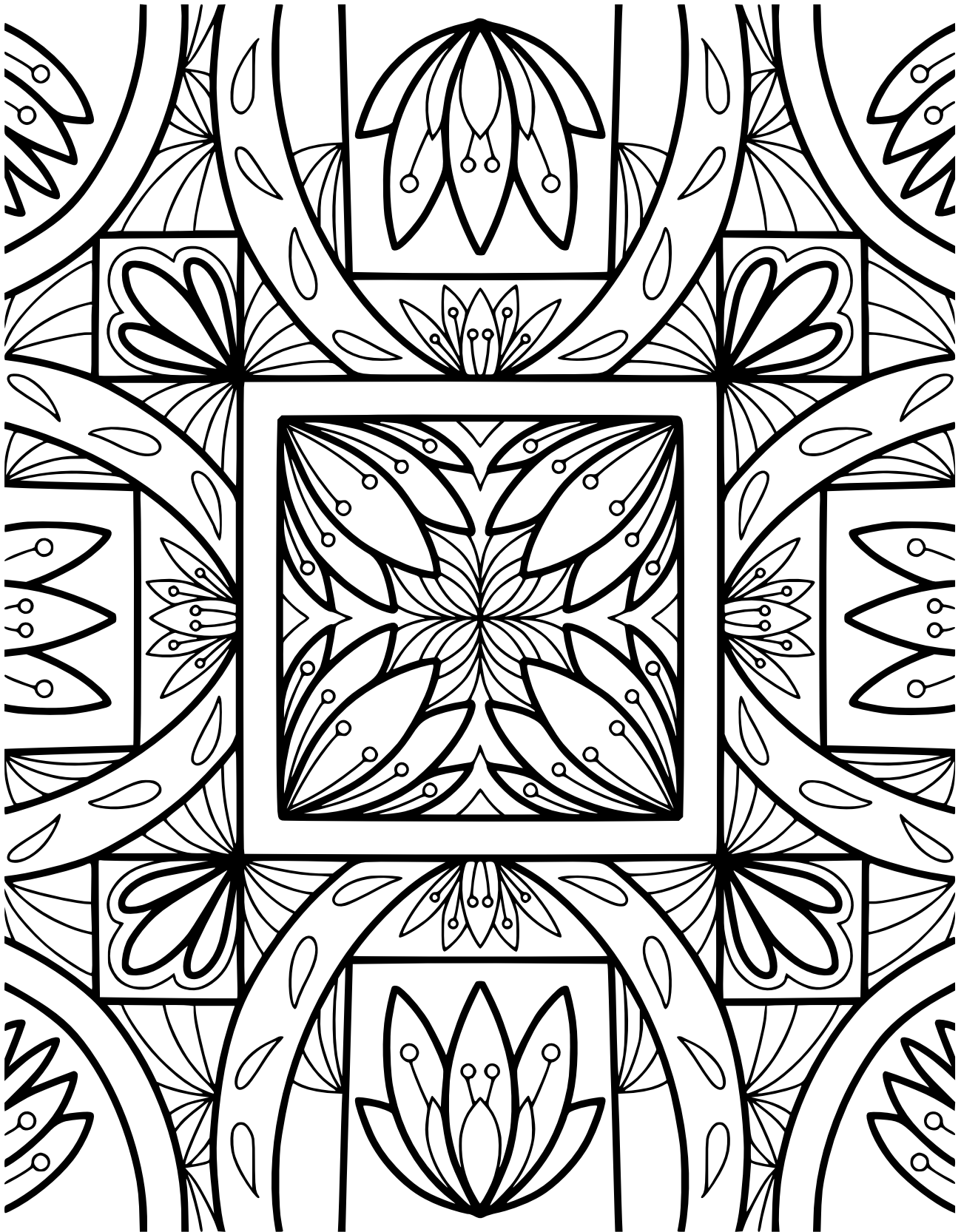
- Bring a large pot of water to a boil over high heat. Reduce heat to medium, add ramen noodles and simmer, stirring occasionally, until the noodles are tender, about 4 minutes. Reserve 1/2 cup cooking water; drain the noodles and rinse under cold water.
- Meanwhile, stir broth, soy sauce, canola oil, brown sugar, vinegar, 1 tablespoon sesame oil and 1 teaspoon crushed red pepper together in a medium bowl until the sugar dissolves.
- Heat the remaining 1 tablespoon sesame oil in a large nonstick skillet over medium heat. Add garlic and ginger; cook, stirring constantly, until fragrant, about 1 minute. Add the broth mixture; bring to a simmer over medium-high heat. Add the noodles and the reserved cooking water. Cook, stirring constantly, until the noodles are coated in sauce, about 1 minute. Transfer the mixture to a serving bowl. Top with scallions and the remaining 1/2 teaspoon crushed red pepper

Nutrition Information

Serving Size: 3/4 cup

Calories 375, Fat 12g, Saturated Fat 1g, Cholesterol 56mg, Carbohydrates 62g, Total Sugars 4g, Added Sugars 3g, Protein 9g, Fiber 1g, Sodium 335mg, Potassium 81mg

COLORING PAGE



FUN & GAMES

The Rainbow Express

WORD SEARCH

R	E	F	B	Y	I	P	S	A	N	S	N	S	A	O
E	A	K	L	Y	R	U	O	B	L	O	S	S	O	M
N	S	V	E	O	N	E	M	L	R	V	R	G	L	W
E	T	C	S	S	W	E	N	E	L	E	H	N	I	A
W	E	O	H	S	L	E	V	E	W	E	D	I	R	R
A	R	I	Q	T	E	I	R	O	E	S	N	N	P	M
L	N	D	I	S	V	N	H	S	G	R	C	E	A	T
E	L	N	G	A	D	S	H	X	Y	K	G	K	H	H
L	G	K	L	M	B	H	S	S	S	H	O	A	T	D
S	P	R	O	U	T	I	N	G	E	S	G	W	X	T
S	P	O	R	D	N	I	A	R	C	R	O	A	M	K
F	B	D	H	X	M	G	G	V	D	R	F	I	L	O
F	O	F	R	U	B	Y	M	T	G	D	G	I	Y	E
W	V	S	S	E	N	L	U	F	R	E	E	H	C	R
P	R	E	B	I	R	T	H	S	E	Z	E	E	R	B

April
Breezes
Flowers
Growth
Raindrops
Revival
Sunshine

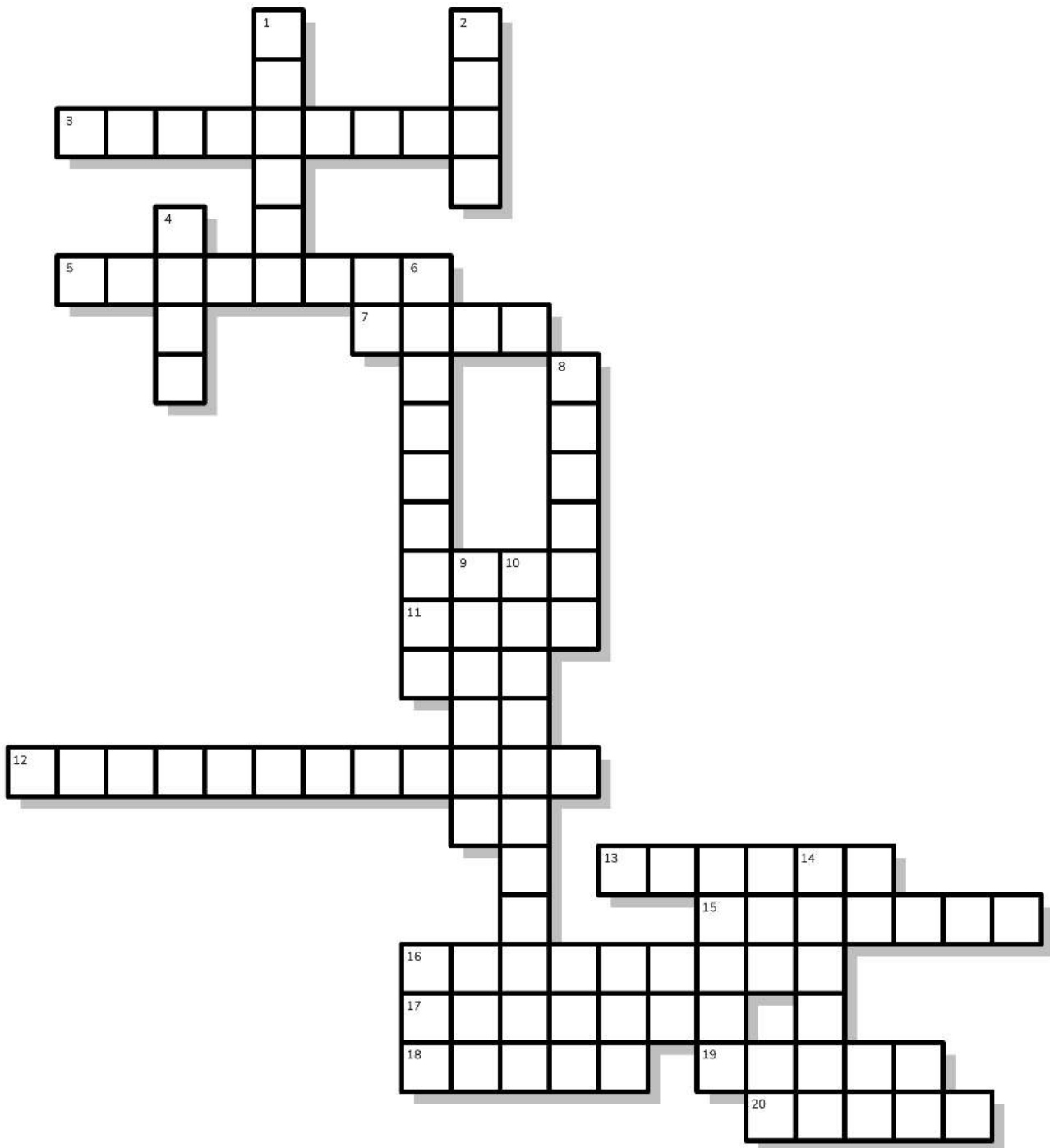
Awakening
Cheerfulness
Freshness
Melting
Rebirth
Showers
Warmth

Blossom
Easter
Greenery
Pollen
Renewal
Sprouting

FUN & GAMES

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CROSSWORD



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CROSSWORD

Across

- 3. Plant cultivation activity
- 5. A popular springtime activity
- 7. Baby deer
- 11. Showers bring May flowers
- 12. A popular phrase associated with the season
- 13. These colorful flowers symbolize the arrival of spring
- 15. Bursting with vibrant colors in the spring
- 16. What falls from the sky
- 17. The process of a flower opening up and revealing its petals
- 18. Weather phenomena with strong gusts
- 19. Shades of color
- 20. A verb that describes what flowers do in the springtime

Down

- 1. A gentle wind often associated with warmer weather
- 2. Easter baskets
- 4. A six-letter flower
- 6. Burrowing invertebrate
- 8. Trees and flowers release this
- 9. The weather starts to get this
- 10. Long period of sleep for certain animals
- 14. These soft, muted colors are often associated with Easter and the season of spring

FUN & GAMES

The Rainbow Express

SUDOKU

3				6			5	2
	4			1	3		7	
		1	7			9		3
8			2	5				
		3		4		7	2	
7			8		1			
	3				8	2		
		9		2	4		6	7
2			1	9				4

THE FUNNY PAGES



ZACH'S CORNER



FEBRUARY 23RD

BRING ON THE CHANGES!

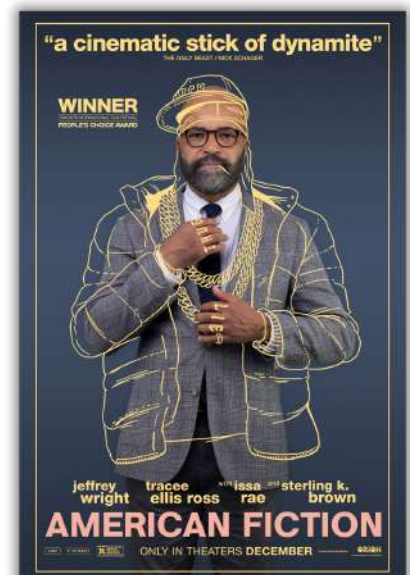
I wanted to share some updates with you all regarding recent developments in my life. Firstly, I'd like to share some news for everyone who followed my updates as I was in the process of applying to PhD programs for Clinical Psychology. I must admit there's a tinge of disappointment to share that I won't be pursuing any programs this academic year due to not securing acceptance into any. However, the silver lining is that I'll be remaining at Rainbow for the foreseeable future, which I'm genuinely excited about. On a brighter note, it's been heartening to witness the influx of new members and interns in our clubhouse recently! I'm truly excited about the fresh perspectives and energy they bring, and I'm sure you all are too. Let's extend a warm welcome to them as they become part of our community. Amidst the excitement of new faces, the workload from school projects and homework has been ramping up, bringing with it its own set of challenges and rewards. However, with graduation looming on the horizon in May, my anticipation is palpable, and I can't help but feel a mix of surrealism and excitement about the journey ahead. Lastly, as we bid farewell to the cold and welcome the warmer weather, I can't help but feel a sense of relief and optimism for the days ahead. It's been a long winter, and we've all weathered it together. In conclusion, I'm looking forward to the continued growth and camaraderie within our community, and I'm excited to see what the future holds for us all. Here's to a year filled with progress, connections, and shared experiences.

That's all for this week, please enjoy my movie review below!

MOVIE REVIEW

American Fiction (2023)

The other week I was fortunate enough to see the new movie "American Fiction" in theaters. Simultaneously a biting social commentary and a laugh-a-minute comedy, 'American Fiction' is a terrific debut from writer/director Cord Jefferson that explicitly exposes the hypocrisy of modern culture, particularly in the way that stereotypes are used to both segregate and restrain the work made by black artists. Jeffrey Wright stars as Thelonious "Monk" Ellison, a respected but disillusioned author who, under the guise of fugitive alter-ego Stagg R. Leigh, pens a purposefully hackneyed book that mockingly obeys the pandering cliches expected of black literature - only for the story to be mistakenly recognised as a work of genius by the white liberal elite. The razor-sharp script by Jefferson, in my opinion the best written in quite some time, brilliantly balances laughs with well-earned pathos while the performances from the cast (which includes Sterling K. Brown (also Oscar nominated), Erika Alexander, Adam Brody and Issa Rae) are unanimously fantastic.



RAINBOW SATURDAYS

Unable to come to Rainbow during the weekdays? Busy with work or with school? Great news! Rainbow is now open every Saturday from 9-5. After the normal work ordered day, we host an Employment Dinner, free of cost and your opportunity to discuss your job or classes with fellow rainbow members. Saturdays will also feature an alternating schedule of activities such as Karaoke, Bingo, and movie nights. Join us to learn more.

JOIN THE MEDIA TEAM

WE NEED YOUR HELP TO GO VIRAL!

Rainbow is looking for members who love to use social media to help us run our Instagram account and Facebook page! Anybody can do it, so contact **Zach** to get involved!



Page: The Rainbow Clubhouse



@TheRainbowClubhouse

CLUBHOUSE STANDARDS

RAINBOW'S RULES TO LIVE BY

"The work-ordered day engages members and staff together, side-by-side, in the running of the Clubhouse. The Clubhouse focuses on strengths, talents and abilities; therefore, the work-ordered day must not include medication clinics, day treatment or therapy programs within the Clubhouse."

We hope to further build up our work ordered day program to benefit everyone and run more smoothly and regularly. Please join us in making this program work and do your part to make sure we can continue to operate as intended! The more we work, the more we can play!