ISSUE 70

SEPT 30, 2026

The Rainbow Express

-Newsletter-

Check out September's wellness Tips

National Self Care & Self Improvement Month

Sept 2026 Edition

Hispanic Heritage Month

Clubhouse Socials

Latest Clubhouse Social

Visit us online
www.TheRainbowClubhouse.org

Table of Contents

What is The Rainbow Clubhouse? 01

Community Message 02

Community Meeting 03

Sept : Hispanic Hertiage Month/ Labor Day 04

Clubhouse Socials 05-06

Sept : Member Spotlight 07

Voices From Our Members 08

Birthday Celebrations 09

National : Self Care & Self Improvement 10

Sept : Autumn Wellness Tips 11-12

Sept : Themed Word Search 13

Media Page 14

Resources 15-17

Rainbow Clubhouse is a Clubhouse International–accredited community for adults (18+) with a history of mental illness, founded on the belief that recovery is possible for everyone. Members are not clients or patients, but equal partners in a voluntary, strengths-based community that emphasizes dignity, hope, and mutual respect. Through participation in the Work-Ordered Day, members and staff work side-by-side to carry out the work essential to the operation of the Clubhouse, fostering meaningful relationships, skill development, and a sense of purpose. Membership is voluntary and lifelong, with no time limits, supporting members as they pursue employment, education, wellness, and full participation in their communities.

CLUBHOUSE INTERNATIONAL

STANDARDS

#30

ON A REGULAR BASIS THE CLUBHOUSE CONDUCTS AN OBJECTIVE EVALUATION OF ITS EFFECTIVENESS INCLUDING CLUBHOUSE INTERNATIONAL ACCREDITATION.

RAINBOW CLUBHOUSE

Clubhouse International
Creating Community: Changing the World of Mental Health

COMMUNITY MESSAGE

The Rainbow Express

September welcomes us into a new season as Summer fades and Autumn approaches. With the changing weather and cooler days ahead, this is a perfect time to pause and reflect on the Summer, celebrate our accomplishments, and think about the goals we want to pursue in the months ahead.

Whether it's learning something new, building healthier routines, stepping outside comfort zones, or simply making more time for ourselves, every step towards personal growth matters. September is also a reminder to prioritize self-care and give us the time and attention we deserve.

Most importantly, thank you to every member who makes The Rainbow Clubhouse the welcoming and vibrant community it is. Every conversation, laugh, helping hand, accomplishment, creative idea, and moment of connection make a difference.

As we step into this new season together, let's continue to support one another, practice self-care, celebrate our individuality, and make the most of the opportunities ahead. So, here's to a September filled with connection, creativity, growth, confidence and new possibilities!

JOIN US FOR OUR COMMUNITY MEETING!

Did you know we hold a community meeting every day at 1 PM during lunch? It's the perfect opportunity to come together, share updates, and connect with one another in a supportive and encouraging space. These meetings focus on discussing everyone's career goals, personal endeavors, and accomplishments. Whether you're exploring new opportunities, seeking advice, or simply want to share your progress, this is a great time to collaborate and inspire one another.

So, grab your lunch and join us for meaningful conversations, fresh ideas, and a chance to build deeper connections. We look forward to seeing you there!

September: *Hispanic Heritage Month*

This month, we celebrate the vibrant cultures, history, and contributions of Hispanic and Latino communities, from music and art to science, education, sports, and business.

Culture and diversity make our communities stronger by helping us learn from different traditions, stories, and perspectives. At the Rainbow Clubhouse, we celebrate those differences by creating a space where everyone can connect, learn from one another, and grow together.

Let's celebrate, share our stories, and keep learning from each other!

Septiembre: Mes de la Herencia Hispana

Este mes celebramos las vibrantes culturas, la historia y las contribuciones de las comunidades hispanas y latinas, desde la música y el arte hasta la ciencia, la educación, los deportes y los negocios.

La cultura y la diversidad hacen que nuestras comunidades sean más fuertes, ayudándonos a aprender de diferentes tradiciones, historias y perspectivas. En Rainbow Clubhouse, celebramos nuestras diferencias creando un espacio donde todos pueden conectarse, aprender unos de otros y crecer juntos.

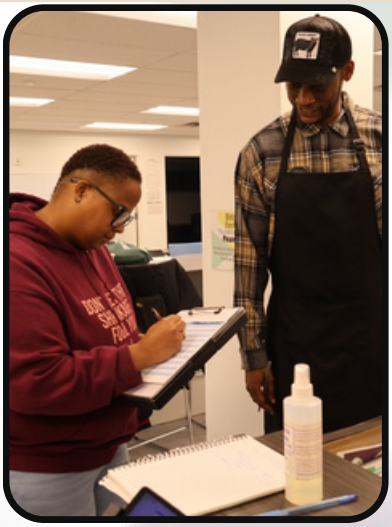
¡Celebremos nuestras culturas, compartamos nuestras historias y sigamos aprendiendo unos de otros!

Latino Trail Blazer 2026

As The Program Director of The Rainbow Clubhouse, Lilibeth Marchena is a dedicated leader committed to creating meaningful opportunities for New Yorkers living with challenges. Her leadership has strengthened The Rainbow Clubhouse as a welcoming and inclusive community. For the second consecutive year, Lilibeth has been named a City & State New York Latino Trailblazer, recognizing her impact and commitment to the community. Under her leadership, The Rainbow Clubhouse has expanded access and strengthened member engagement. Through her work, Lilibeth continues to foster a community centered on belonging, recovery, opportunity, and hope.

CLUBHOUSE SOCIAL!

The Rainbow Express



EVERY MEMBER MATTERS, AND EVERY CONTRIBUTION COUNTS! WE SINCERELY APPRECIATE OUR MEMBERS FOR THEIR CONTINUED SUPPORT OF THE WORK-ORDERED DAY. THE RAINBOW CLUBHOUSE CONTINUES TO CONNECT, UNWIND, AND HAVE FUN TOGETHER. RECENT ACTIVITIES SUCH AS BINGO, POPCORN & A MOVIE, AND NEW WELLNESS CORNERS, HAVE BROUGHT MEMBERS TOGETHER WHILE PROMOTING FELLOWSHIP AND PRACTICAL CONVERSATIONS ABOUT MONEY MANAGEMENT. IN ADDITION, OUR HOSPITALITY AND FACILITIES UNIT ARE INCREASING MEMBER INVOLVEMENT IN MEAL PRODUCTION, STRENGTHENING TEAMWORK WHILE DEVELOPING VALUABLE DAILY LIVING AND VOCATIONAL SKILLS.

OUR OUTREACH CONTINUES TO GROW WITHIN AND BEYOND OUR CLUBHOUSE COMMUNITY, CREATING MORE OPPORTUNITIES FOR PARTICIPATION AND CONNECTION. AT THE HEART OF IT ALL IS BALANCE: PURPOSEFUL WORK, MEANINGFUL CONNECTIONS, AND OPPORTUNITIES TO ENJOY THE JOURNEY. TOGETHER, WE ARE BUILDING CONFIDENCE, ENCOURAGING INDEPENDENCE, AND CREATING A COMMUNITY WHERE EVERYONE HAS A ROLE AND EVERY CONTRIBUTION MAKES A DIFFERENCE.

THANK YOU FOR SHOWING UP, GETTING INVOLVED, AND HELPING OUR COMMUNITY THRIVE!

CLUBHOUSE SOCIAL!

The Rainbow Express

Connecting Our Members to Technology, Resources and Opportunity

We understand that access to technology is essential for our members to stay connected, independent, and engaged.

Through our partnership with Computers 4 People, members have access to computers that support education, employment searches and applications, virtual appointments, Zoom meetings, online resources, and other activities that promote personal growth and progression.

Here's what Vicki had to Say

"I am currently taking a phlebotomy course to further my education and career goals. Having access to an updated computer will make completing my coursework easier and help remain confident in my studies."

Vicki G.

Denise H.

Let's follow up with Denise

"I want to improve my computer skills and become more comfortable using technology. I would like to learn basic skills such as shortcut keys, sending emails, and using Google Docs, with the goal of eventually learning Microsoft Office. I also plan to use the computer to look for employment and housing opportunities. Having a computer will help me become more independent and confident."

This resource also helps members strengthen their computer skills, manage important responsibilities, connect with services, and access new opportunities. We sincerely thank Computers 4 People for supporting our members and look forward to continued partnership and future opportunities.

Computers4People

RAINBOW CLUBHOUSE MEMBER'S SPOTLIGHT "MAXIMO DURAN"

THIS SEPTEMBER, THE RAINBOW CLUBHOUSE IS PROUD TO SHINE THE SPOTLIGHT ON MAXIMO D.!

MAXIMO HAS BEEN A DEMONSTRATION OF HOW MEMBERS' CONTRIBUTION IMPACTS OUR CLUBHOUSE. THROUGHOUT THE SUMMER, HE INCREASED HIS ATTENDANCE AND CONTINUED TO SUPPORT THE DAILY WORK-ORDERED RESPONSIBILITIES OF THE RAINBOW CLUBHOUSE.

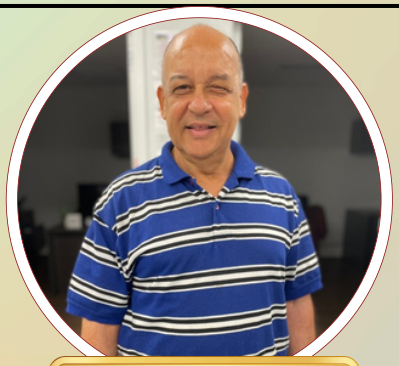
MAXIMO HAS ALSO BEEN TAKING IMPORTANT STEPS TOWARD HIS FUTURE. WITH A CLEAR INTEREST IN FINDING MEANINGFUL EMPLOYMENT THAT ALIGNS WITH HIS GOALS, HE WORKED SIDE BY SIDE WITH CLUBHOUSE STAFF TO PURSUE AN EMPLOYMENT OPPORTUNITY AND SECURE AN INTERVIEW.

WE APPRECIATE MAXIMO'S DEDICATION, POSITIVE ATTITUDE, AND COMMITMENT TO MOVING FORWARD. HIS EFFORTS ARE A WONDERFUL EXAMPLE OF GROWTH, DETERMINATION, AND TAKING PRIDE IN ONE'S FUTURE.

HERE'S WHAT MAXIMO HAD TO SAY

"I FEEL LIKE I CAN FINALLY SEE MY PROGRESS RIGHT IN FRONT OF ME. BECOMING MORE AWARE OF HOW FAR I'VE COME IS HELPING ME UNDERSTAND THINGS AND FIGURE THEM OUT AT MY OWN PACE. I TRULY APPRECIATE EVERYONE WHO HAS SUPPORTED ME AND CONTINUES TO HELP ME ALONG MY JOURNEY."

VOICES FROM OUR MEMBERS



Jose C.

"Now that I have completed my typing skills training, I would like to develop my computer skills by learning Microsoft office and gaining skills in Canva."

"I am excited about my new job as a carpenter and feel confident in my ability to achieve my next goal."

Robert P.

Diane B.

"I'm looking forward to improve and strengthen my vocational and social skills. I'm excited to learn computer comprehensive components and improve my interpersonal skills such as public speaking."

"After completing my first interview with Howie the Harp, I've gathered all my documents and now I'm waiting for the next steps, with hopes of becoming a peer specialist."

Ronnell L.

BIRTHDAY CELEBRATIONS

The Rainbow Express

Happy Birthday

VIRGOS:
Have a deep desire to be helpful.

Jordan S.

ON BEHALF OF THE RAINBOW CLUBHOUSE WE WANT TO WISH EVERYONE A HAPPY BIRTHDAY IN THE MONTH OF SEPTEMBER

LIBRAS:
Are natural peacemakers with a strong sense of fairness

Self-care & Self Improvement

Small Steps, Big Difference

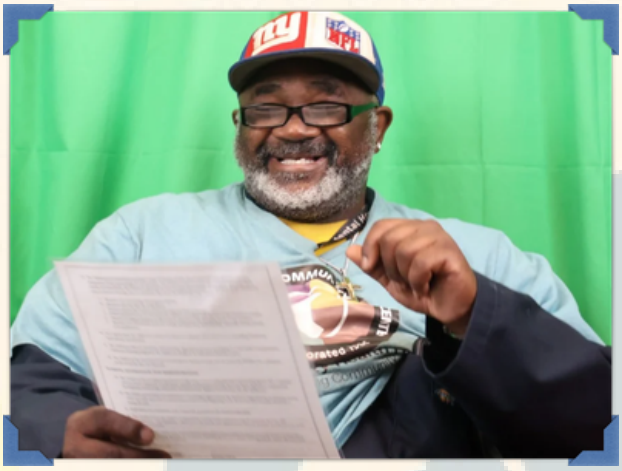
September is a good time to check in with yourself. Not because you need to "fix" anything, but because you deserve to feel good, grow, and enjoy your life. Self-care and Self-improvement can sound like big ideas. But they don't have to be complicated, expensive or perfect. *Self-care Isn't Selfish*

Taking care of yourself isn't being lazy or selfish. Think of it as recharging your battery**.** Even your phone needs to be plugged in once in a while!

Take the September Self-Care Challenge!

Choose **one small thing** to do for yourself this month.

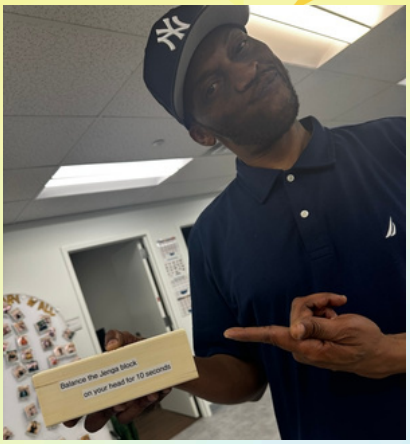
Try a new recipe. Take a walk. Call someone you haven't talked to in a while. Start a creative project, listen to music that makes you happy, Write down something you're proud of. It doesn't have to be impressive. It just has to be something that matters to you.

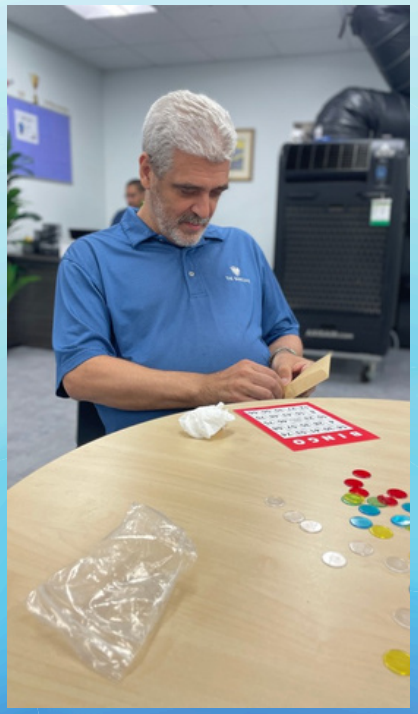


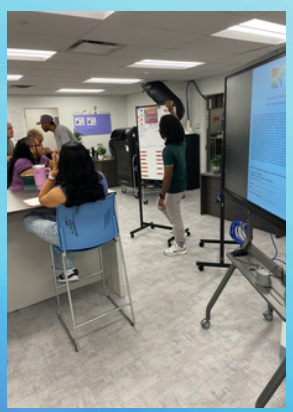
We need breaks, too.

Getting enough rest , eating something nourishing, moving your body, spending time with people you enjoy, and doing things that bring you happiness are all simple ways to care for yourself. And sometimes self-care means saying "no" when you really don't have the time or energy to say yes.

Check Out these special moments at The Rainbow Clubhouse !







Clubhouse

Autumn Wellness Tips

September Healthy Harvest: Welcome, Autumn!

September brings a beautiful change of season-and plenty of opportunities to get outside, enjoy fresh foods, and discover the signs of Autumn all around us.

Taste the Season

September's harvest offers delicious choices such as apples, pears, grapes, sweet potatoes, carrots, beets, and Brussels sprouts. Visit a farmers' market, try new seasonal foods, or plan an apple-picking adventure with friends.

Step outside & Notice

Take an Autumn nature walk and become a seasonal detective! Look for leaves beginning to change from green to gold, red, orange, and brown. Notice the cooler air, changing sunlight, birds, seeds, and other signs that Autumn is arriving.

Try taking a photo, making a drawing, or simply sharing one new thing you noticed. Small observations can make an everyday walk feel like an adventure.

Add Some Autumn Spice

Cinnamon, nutmeg, ginger, and cloves, familiar flavors to the season. Try a sprinkle of cinnamon on apples, pears, oatmeal, or another favorite snack.

Your September Challenge

Get outside, Taste something seasonal, Notice something new

Autumn changes a little each day, so take a moment to slow down and enjoy the colors, flavors, and fresh air of September. Let's celebrate the season by exploring, observing and enjoying the healthy harvest together!.

Happy September & Community Wellness.

Fall Word Search

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

FALL
AUTUMN
LEAVES
HARVEST
PUMPKIN
HALLOWEEN
THANKSGIVING
FOOTBALL
SWEATER
APPLE CIDER
SCHOOL
ACORN
ORANGE
YELLOW
BROWN

JOIN THE MEDIA TEAM

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 **the Staff** to get involved!

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

SCAN HERE

We have officially launched our new website! Be sure to check us out here:

www.therainbowclubhouse.org

RESOURCE PAGE

NYC311 — Homeless Services — All NYC

Address: Call 311 or use the NYC 311 app
Phone: 311
Hours: 24 hours / 7 days
Services: Shelter directions, homeless outreach, drop-in centers, emergency food and other city services.

NYC DHS Adult Shelter Intake — Single Adult Men — Lower East Side / East Village

Address: 8 E. 3rd St., New York, NY 10003
Phone: Call 311 for current intake information
Hours: 24/7
Services: Emergency shelter intake for single adult men age 18+. ID is helpful but not required for single-adult intake.

NYC DHS Adult Families Intake — Lower East Side / East Village

Address: 333 Bowery, New York, NY 10003
Phone: Call 311 for current intake information
Hours: 24/7
Services: Shelter intake for eligible adult families without children under 21.
Important: NYC DHS reports that the former 400–430 E. 30th St. intake location was relocated effective August 1, 2026. Use the current locations above rather than older flyers.

HARLEM

Harlem United / Shower Power Shower Program—Central Harlem

Address: 321 W. 125th St., New York, NY 10027
Phone: 844-GO-HARLEM (844-642-7356)
Hours: Monday–Friday; call/text ahead for current shower hours
Services: Free hot showers, hygiene supplies, clean clothing basics when available. Shower Power transferred the program to Harlem United, which operates it year-round.

Safe Horizon Streetwork Harlem — Harlem — youth/young adults

Address: 209 W. 125th St., New York, NY 10027
Phone: 212-695-2220
Hours: Mon, Tue, Thu–Sun: 10 AM–6 PM; closed Wed
Services: For young people experiencing homelessness/street involvement. Food, showers, clothing, laundry support, case management and referrals. Youth eligibility applies.

INWOOD / WASHINGTON HEIGHTS

OnPoint NYC — WashingtonHeights Drop-InCenter — Washington Heights / Inwood

Address: 500 W. 180th St., New York, NY 10033
Phone: 212-828-8464
Hours: Mon–Fri: 7:30 AM–11 PM; weekends: 9 AM–4:30 PM
Services: No-barrier walk-in drop-in space with hot meals, coffee, showers, bathrooms, laundry, peer support and other services. HRA Medicaid — Dyckman Community — Inwood
Address: 4055 10th Ave., Lower Level, New York, NY 10034
Phone: 929-221-3244
Hours: Mon–Fri: 8:30 AM–5 PM
Services: Medicaid enrollment/help. Call or use ACCESS HRA/NY State of Health to confirm what office is appropriate.

RESOURCE PAGE

UPPER WEST SIDE

AllAngels'ChurchCommunity Ministries — Upper West Side
Address: 251 W. 80th St., New York, NY 10024
Phone: 212-362-9300
Hours: Tues & Thurs: 8 AM–2 PM; shower tickets begin around 7:30–7:45 AM; first-come, first-served
Services: Hot meals, free showers, toiletries, clothing, mail service and on-site medical/psychiatric/social-service connections. Shower service is for men and women.

Riverside Church Clothing Closet — Upper West Side / Morningside Heights
Address: 490 Riverside Dr., New York, NY 10027
Phone: Call ahead
Hours: Tue–Thu: 9–11:30 AM (per Neighborhood Coalition for Shelter street sheet)
Services: Free clothing closet and community support. Hours can change.

UPPER EAST SIDE / EAST HARLEM

TheUrban OutreachCenter — Upper EastSide
Address: 1745 1st Ave., New York, NY 10128
Phone: 212-288-6743
Hours: Tue community dinner: 5–6:15 PM; other food-service hours vary
Services: Free food support, pantry services and connections to community assistance. Call to ask about current shower/clothing availability before traveling.

New York Common Pantry — East Harlem
Address: 8 E. 109th St., New York, NY 10029
Phone: 917-720-9700
Hours: Food pantry and meal-service hours vary; call/check current schedule
Services: Free groceries/food assistance and other supportive services. Good option for food needs in East Harlem.

OnPoint NYC — East Harlem Drop-In Center — East Harlem
Address: 104–106 E. 126th St., New York, NY 10035
Phone: 212-828-8464
Hours: Mon–Fri: 7:30 AM–11 PM; weekends: 10:30 AM–6 PM
Services: Walk-in drop-in services, meals, hygiene support, peer support and other practical resources.

LOWER EAST SIDE

TheBowery Mission —Bowery Campus — Lower East Side / Bowery
Address: 227 Bowery, New York, NY 10002
Phone: 212-674-3456
Hours: Meals daily: breakfast 8 AM, lunch 1 PM, dinner 5:30 PM. Shower/clothing program: registration by 6:30 AM; doors open 9:30 AM. Mon: first 15 women; Wed–Fri: first 20 men.
Services: Free meals every day; limited first-come, first-served shower and clothing program; hygiene items and clean clothing as available.

Maryhouse — Lower East Side / East Village
Address: 55 E. 3rd St., New York, NY 10003
Phone: 212-777-9617
Hours: Call ahead for current hours
Services: Women-focused community support, meals, clothing and hygiene assistance. Shower availability should be confirmed before going.

RESOURCE PAGE

LOWER WEST SIDE / DOWNTOWN

TheBowery Mission —Tribeca Campus —LowerWest Side / Tribeca

Address: 90 Lafayette St., New York, NY 10013
Phone: 212-226-6214
Hours: Overnight shelter intake daily: women 3 PM; men 4 PM
Services: Emergency overnight shelter for men and women, with daily meals, showers, clothing, case management and referrals. Call/walk in for current intake information.

Housing Works Positive Health Project — Midtown West / near Lower West Side
Address: 301 W. 37th St., 3rd Floor, New York, NY 10018
Phone: 212-465-8304
Hours: Mon–Fri: 9 AM–8 PM; Sat: 10 AM–6 PM
Services: Drop-in support, showers, case management/benefits navigation, health and harm-reduction services. Call ahead to confirm shower availability.

MANHATTAN 24-HOUR DROP-IN CENTERS

Olivieri Center for Homeless — Midtown West
Address: 257 W. 30th St., New York, NY 10001
Phone: 212-947-3211
Hours: 24 hours / 7 days
Services: Adult drop-in services including meals, clothing, showers/laundry and case management. Good option if someone needs a 24/7 Manhattan drop-in location.

Paul's Place — West Village / Chelsea
Address: 114 W. 14th St., New York, NY 10011
Phone: Call 311 for current service details
Hours: 24 hours / 7 days
Services: NYC DHS adult drop-in center with meals, clothing, showers/laundry and case-management connections.

9th Avenue Drop-In Center — Hell's Kitchen / West Midtown
Address: 771 9th Ave., New York, NY 10019
Phone: Call 311 for current service details
Hours: 24 hours / 7 days
Services: NYC DHS adult drop-in center with meals, clothing, showers/laundry and service connections.

BASIC BENEFITS & FOOD HELP

ACCESS HRA — Citywide
Address: Online: nyc.gov/accesshra
Phone: HRA Infoline: 718-557-1399
Hours: Online 24/7
Services: Apply/manage SNAP, Cash Assistance, Medicaid, Fair Fares NYC, HEAP and other benefits. You can upload documents from a phone.

ACCESS NYC Benefits Screener — Citywide
Address: Online: access.nyc.gov
Phone: Call 311 for help finding a program
Hours: Online
Services: Screens for possible help with food, housing, health, money, work, education and other needs.