

# 3RD STREET BEAT

## Indoor Gardening!!



PRODUCED BY CLIENTS OF THE RECOVERY CENTER  
8 EAST 3RD STREET 10003  
#55 JANUARY 2025

# THE 3RD STREET BEAT MISSION STATEMENT

The Third Street Beat is a newsletter written by and created for people with substance use disorder. Our mission is to validate that experience so people know that they are not alone, and to emphasize the many unique roads that we take to recovery. This is an opportunity to share our experiences to creatively support each other. We are non-political, non-denominational, multi-racial, and gender neutral. Our mission is one of recovery and harm reduction, and all experiences are welcome. All the viewpoints herein are personal in nature and related specifically to our contributors' recovery.

## THE 3RD STREET BEAT EDITORIAL TEAM

The 3rd Street Beat is produced by The Recovery Center community with assistance from the occupational therapy team.

## 3RD STREET BEAT BACK ISSUES

### CAN BE DOWNLOADED AT:

<https://www.projectrenewal.org/news-and-publications/publications/page/1/?byCategory=the-recovery-center>

### FOLLOW US ON INSTAGRAM!

@[recoverycenternyc](https://www.instagram.com/recoverycenternyc)

TOGETHER  
WE CAN!

INTERNATIONAL OVERDOSE  
AWARENESS DAY

AUGUST 31 2024

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Winter....



When you wake up



and then the cold hits you!



I'm going to share with you the reader and introduce you to the love of my life. Her name is Brown Sugar and she is a rescue. I've had my dog for six years would you believe it :) She'd a mix breed and there is never a dull moment!! She keeps me on my toes and she's so full of love. We take really good care of each other as well. Everytime I come home it's a love fest :) I love her with all my heart and in so many ways she keeps me going as well. She's very active as well. She's given me so much all she wants in return is my love. Who could possibly ask for more? Yes ladies and gents the love of my life happens to be a small dog with a huge personality. How about that!!!!

## The Story About Rodney AKA Hot Rod and His Girlfriend Sage Living With Me.

At Sugar Hill they call it in Harlem New York on 151st and 152 Street. I been living there for 2 years in December 2024. They will smoke crack and have sex in my bed that I sleep in. I was sleeping on the floor I felt miserable but I was dealing with it. One day Rodney and Sage wanted to take a shower on my floor bathroom I couldn't take a shower on the first floor because I mess that up. When had diarrhea eating too much food. I had doo-doo all over the bathroom. So Supreme the Super took the key for the first floor. I was banned from using the bathroom. Finally Rodney and Sage are gone now I got two pit bull GG the mother and Tyson the son. They sleep in my bed now. They bark all day and night but I live them. So that the end of my story so God bless the city, country, and world.

Thank you <sup>4</sup>  
Darryl A.

## Being in Bellevue is Helping Me Get My Life Together

I'm glad that this homeless guy took over my room in the Bronx. Now that I'm in Bellevue shelter in Manhattan I'm getting my life together that my health going to the doctor getting a check up on my body I'm getting older with my health smoking cigarette getting cancer make sure I'm eating the right foods and exercise that keep me in shape that is doing a lot of walking I lost my wallet so getting all my ID and documents back social security card birth certificate new state or New York State ID with a picture and address on it because I work security for 20 years I want to go back to security but 63 years old. So I'm in the retire age. So it will be work for me to get a job at my age I heard that max out is 67 so I got 4 years to work I hope that will be a blessing for me that way I could get out of the shelter and get me my own studio or 1 bedroom apt I hope God will bless me and pray every night

Thank you  
Darryl A.

## Living in the Men's Bellevue Shelter on 30th St and 1 Av

Being in the men's Bellevue shelter on 30th St. and 1 AV is kinda fun I met a lot of guys in there and we get along together. The guys living there got jobs working there they work in the kitchen, laundry, bed linen. They get paid \$175 a week that good they can save money toward their housing you can a voucher either City Fheps, Sota, Section 8, Affordable Housing, EHV, etc. I wish I could get a job in Bellevue and working there but my goal is to work in security but I lost my wallet so I got to get all my ID and documents back but at my age and my health is getting bad. I got high blood pressure, cholesterol, diabetes, so I got to take care of my health. Back to the guys in the shelter they got mental problems, they talk to them self and laugh out loud. They can not help it. I won't call them crazy or bug out or nuts they just need mental help from a psychiatrist or a therapist that will by in your head picking you brain because a lot of mental health building are close down so they let them go out in the streets that will make them homeless and start from the bottom and work their way up. So that the end of my story so God bless the city, the country, and world

# My Journey From Bellevue to Brooklyn

## By Darryl A.

My journey from Bellevue Manhattan on 30 Street and 1 Ave to Brooklyn, New York I met some people from this program TRC and Project Renewal here in lower east on East 3rd Street lower East Side. So it is fun being there knowing people from being at the program I be going to for 4 years in February 2025 since 2021 so they have groups there where I am at Brooklyn New York just like being at TRC and Project Renewal. We have groups there at 11:00 AM in the morning we talk our substance abuse, drugs, and alcohol. We play games, win prizes so they are helping me in housing. A studio or one-bedroom so I am staying there long as I can they said it going take 6 months to 1 year. To get my apartment or a room sharing a kitchen or shower room bathroom. So you got to clean and keep you clothes clean at all times so a log of guys got homeless mentality there so they can not help it so being in the streets for a long time. We can get brain wash so that ends my story so God bless the city, country, and world.



I truly believe that when in group one should listen more than talking. God gave us two ears and one mouth. We should use them proportionally. How can you learn when all you do is talk. One example is perception. A girl was on the train this morning and she looked at me for a minute, I thought she looked at me for 10 minutes. I was ready to perceive that she looked at me but I came to my senses.

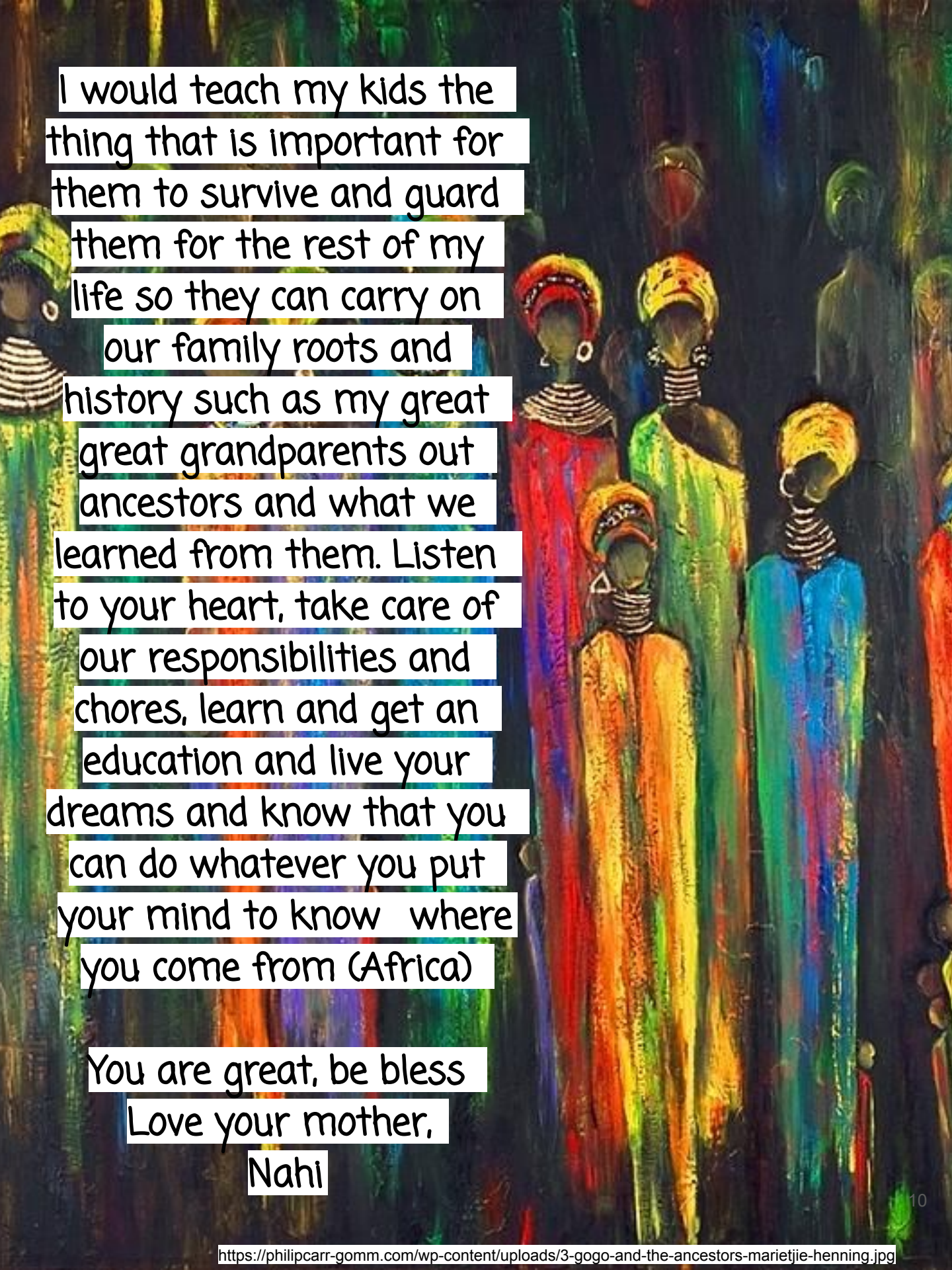
-E.S.



## **How do you want people to remember you?**

**I would want everyone to know as being a well and respected person. A loving person. Someone who you could count on to be there for them. I would also like to let everyone remember me as a hard worker. I would like everyone to know that I am resilient, I bounce back, if I fall I get back up.**





I would teach my kids the thing that is important for them to survive and guard them for the rest of my life so they can carry on our family roots and history such as my great great grandparents out ancestors and what we learned from them. Listen to your heart, take care of our responsibilities and chores, learn and get an education and live your dreams and know that you can do whatever you put your mind to know where you come from (Africa)

You are great, be bless

Love your mother,

Nahi



**I would love to see my  
daughter on a raining day. Reason why  
I haven't seen her in years. It will  
be blessing. Thank you.**

**Charles A.**

## ***Three Lessons You've Learned***

***#1 I've learned to always respect my elders and the next person in general.***

***#2 I've learned to accept other people's ways and actions, because I can't make anyone else change the way that others behave, or what they want to do.***

***#3 I've learned to treat others as I would want to be treated. If I give others a positive, I expect to be treated with a positive return.***

**A.T.**



## **A moment that changed my life forever.**

**My first child, when my wife was pregnant with our baby, we would talk to the baby in the womb. We would play music for her. She would move in the womb and respond when we talked to her.**

**Now she's almost 40 years old and very beautiful with her own 4 years old daughter. I haven't met her yet. I have pictures of her. She looks like both mother and father. The reason I haven't met her yet is because of my disability . I have chronic arthritis in both knees, which I have to get replaced so I can't travel that far.**



What would I like to contribute to my community?

First of all what strikes me most is the divine purpose that the Higher Power has allowed me to be alive for I have experienced a lot of circumstances in life good and bad and not by accident. I've been places I never in my wildest dream imagine, the greatest and rewarding is missionary work. Giving back to people, helping the needs of others, my brothers and sisters especially brothers struggling with the same I have, I am in life, whether its substance abuse, marriage in some areas of rising children and step children. It is like reading a book about swimming until you get into the water does it matter, that is where experience comes in. I want to make my community become a part of the positive outcome in life not the negative outlook, which is love, charity, compassion, sympathy to others needs, helping one another, I believe that is what life should be about each one teach one.

Baby Mom  
cuts and cleans chicken  
as she waltzes  
around the kitchen.

Garfield C.



I love mom, she is the only person, tbh the only woman which really cooked my favorite meal at any given day or time. She would cook with love, my preference was her favorite choice and I really miss those days when I was living with my mother.

-A.S.







# Central Park Pet Remembrance Tree



# Recovery Center Weekly Schedule for Winter

## TRC GROUP SCHEDULE Updated 10/17/24

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 A.M.	Preventing Recurrence (Angela)	Self Care (OT)	Substance Use Education (Brian)	Healthy Relationships (Rosa)	Back to Work/ Weekend Planning (OT)	9:30am Open Discussion (Nikolay)
10:05 A.M.	Health & Wellness (Katie)	Anger Management (Nikolay)	Values (Nikolay)	Spanish Speaking Group (Aida)	Anxiety Busters (Karin)	Free Time
11:00 A.M.	Free Time	Newsletter (OT)	Cooking Club (OT)	Men's Group (Nikolay)	11:00 – 11:15 Recognition Meeting	Open Discussion (Rotating)
12:00 P.M.	Free Time	Free Time	Free Time	Free Time	12:00 pm Staff Clinical Meeting (Group room closed)	Free Time
2:00 P.M.	Free Time	Art or Garden Group (OT)	Art or Garden Group (OT)	Creative Writing (Katie and OT)	Free Time	Free Time
5:15 P.M.	Road to Recovery (Brian)	Preventing Recurrence (Aida)	No group	No group	<b>TRC Hours of Operation</b> Mon – Tues: 8:30am to 6:15pm Wed – Fri 8:30am to 5:00pm Saturday 9:00am to 5:00pm	

**PLEASE BE SAFE....  
ASK THE TRC  
OR THE 2ND CHANCE  
PROGRAM IF YOU NEED  
FENTANYL TEST STRIPS OR  
NALOXONE KITS + TRAINING!**

**ARE YOU IN NEED OF RESIDENTIAL  
TREATMENT OR WITHDRAWAL  
MANAGEMENT?  
24 HOUR INTAKE HOTLINE  
212-763-0596**

**EVERY LIFE IS WORTH SAVING!**

**THANKS FOR READING  
OUR NEWSLETTER, WE  
HOPE YOU ENJOY IT!**

**THE 3RD STREET BEAT  
IS ACCEPTING SUBMISSIONS!**

**THE RECOVERY CENTER**  
212-533-8400 x5144 for Intake  
8 East 3rd Street  
Outpatient Substance Use Treatment Program