

**Club Hours**

Monday	8:00 – 5:00 p.m.
Tuesday	8:00 – 7:00 p.m. (1st and 3rd)
Wednesday	8:00 – 5:00 p.m.
Thursday	8:00 – 7:00 p.m.
Friday	8:00 – 4:00 p.m.
Saturday	10:00 – 2:00 p.m.
Sunday	CLOSED
Holidays	10:00 – 2:00 p.m.

**Genesis Club provides members...**

...A guaranteed right to a place to come.

...A guaranteed right to meaningful work.

...A guaranteed right to meaningful relationships.

...A guaranteed right to a place to return.



The Genesis Club, established in 1988, promotes the partnership model of psychiatric rehabilitation (the Clubhouse). This partnership is formed when individuals, correctly identified as members, play a critical role in the overall operation and governance of the Genesis Club. Last year, 2009, the Genesis Club provided the following services to over 700 members: vocational training, employment, housing, social activities, education, a wellness initiative, a young adult initiative, and peer support.

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**Board of Directors**  
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# GENESIS ALIVE

## APRIL 2010

**Inside this issue:**

- City News 2
- Andreas Story 2
- Mental Health Around the World 3
- Art Committee Update 4
- Team Genesis Road Race Kickoff 4
- T.E. at the Red Cross 5
- T.E. Showcase 5
- Building Dreams 6
- Education News 6
- Norway Pictures 7
- Smoke Free 8
- Nutrition 9
- Healthy Living 10
- 2010 Census 11
- Snack Shop New Additions 11



### Employment Awards at Statehouse

Each year the Genesis Club presents an employer of the year award to an employer that has partnered with us over the years to provide great employment opportunities to our members. This year we are proud and happy to announce the American Red Cross of Central Massachusetts as the Employer of the Year for 2010.

The American Red Cross has employed Genesis Club members in transitional employment for the last five years, thereby helping those members in their recovery from mental illness. Members Bill Grassette, Sean

Whalan, Josephine Nigro, Beth Griffin, Scott Desy have all worked in the position of test proctor and receptionist at the Worcester Red Cross office.

Lisa Piehler, Chief executive Officer and Melinda Napolitano, General Manager of the Worcester office received the award this year on behalf of the American Red Cross. Kevin Bradley, Ruth Osterman, Tony Sanders, David Rocheleau, Ken Bisson and Scott Desy attended the award ceremony at the Statehouse on March 25<sup>th</sup>. Special thanks to Rep. Jim O'Day for making the presentation.

# CITY NEWS

## Formerly the P.I.P.

Two new procedures in the city are worth knowing about. One involves emergency shelter, the other 'what to do' in case of a psychiatric emergency.

The P.I.P. shelter is being gradually replaced by a new system. If someone is homeless, in order to get any services-including shelter-they must now get themselves registered at a new TRIAGE AND ASSESSMENT CENTER operated by CHL. The entrance is located at 162 Chandler, which in the Chandler St. entrance to 72 Jacques Ave.

If anyone is needs the Center, calling first is a good idea. The number is **508-860-1000**, and ask for HOAP (Homeless Outreach Assistance Program). Tell them you are coming to the Triage and Assessment Center. Then, the Center refers people to places that can help them,

like 701 Main, CHL respite beds, Abbey's, the hospital, wherever is going to work best for the individual seeking help.

### New Emergency Procedure for Psychiatric Emergencies

Going to a hospital emergency room in the middle of having a psychiatric emergency can be complicated, since the staff first has to check you for physical problems before calling for psychiatric evaluation. There is a new procedure in place people can use by calling CHL at **866-549-2142**. A person in crisis can talk to a professional who will listen, and can offer advice, which may include going to the ER. The important point is that the person in crisis will have already spoken to someone, and CHL will tell the ER that someone coming has a psychiatric emergency.

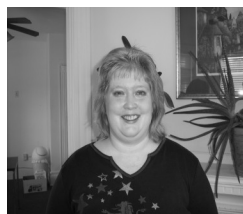
There is also a mobile unit that, if needed, can be dispatched to help an person in crisis.
















## Andrea's Story

I heard about Genesis Club while I was hospitalized at 8 East in the beginning of last year . I quickly signed on for Peer Support . Once I got out of the hospital, I called for a tour and came for my tour. Jane toured me around. It was a wonderful experience. The place was huge I told myself. I started my 3 day orientation in April of last year. Unfortunately ,I didn't get to finish and was hospitalized 2 more times. I finally finished at the end of September. Before I became a member, one person Dave Rocheleau kept telling me I would finish over and over again and he was right. I did finish. I owe him a lot. Dave made me believe in myself to finish. I chose Membership as my unit and Dave as my advisor. To this

day, I keep myself busy going on outreach visits to the hospitals, putting referral's in the computer and answering the phone. I did 2 tours since I've been here. I've been calling and scheduling tours and orientation every 2 weeks. I love being a part of the new orientation team when they come in.

If it wasn't for being here at the Genesis Club I know I would be hospitalized for a long time. -Andrea Gilligan



## The 2010 Census

The National Census is an important survey that is carried out in the USA every ten years. It is a population count of all the people living in the US. This is needed in order to establish funding, laws and various grants and a whole list of other funding allocated to each state. So it's important to know how many people reside here in order to establish how much funding is allocated. If there are not many people then we won't get our share.

That's why it's very important to fill out the form and send it right back. So please do this for every household and family member!

Claire Townsend

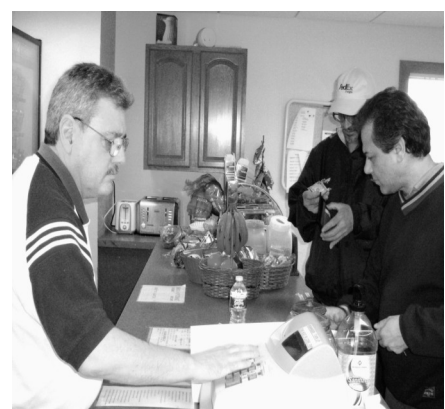
## Snack Shops Fancy New Additions

Spring is here and Snack Shop has made up some new instructions on how and who to call if something breaks or needs fixing in the club. Also, we have made up a list of staff who are working at T.E's and what members they are supporting. We also have some cool new members such as Don Young, Kathy, and Kaitlin, who have made a nice addition to our little family and we're happy to have them.

and sandwiches as we have been, but not all on the same day. Please check with us each day to see what we are going to be serving.

That's all for this month's additions. Check back next month for more exciting additions coming to a Snack Shop near you!

Recently the Snack Shop has also re-waxed the floors so they're nice and shiny. Thanks to Ed Shindle and Don Young who spent their whole Saturday scraping and waxing the floor. We have decided to switch the Diet Rite to Diet Polar soda and get less of the Raspberry Lime soda because they're not selling as well.



We will continue to serve beef stew, chili

## Healthy Living

Genesis Club is deeply involved in the creation of the new "Promoting Healthy Lifestyles Clubhouse Tool Kit." This manual is being written as a user friendly aide for clubhouse members and staff interested in improving their lives through healthy eating, exercise and the cessation or reduction of tobacco use. This manual was created with the intent of being used in clubhouses and other agencies internationally.

A template for this manual was originally created by Dr. Doug Zedonis of UMass Medical School. Working in collaboration with UMass we have changed the manual to focus on how clubhouse members can address the barriers to a healthy lifestyle and find ways their clubhouse can support wellness.

The manual will dig deeply into how diet can improve a person's life though weight loss or gain, depending on the need of a the person. Included in the chapter will be the value of red meat, fish poultry, fresh fruit and vegetables and whole grains as well as the importance of milk and other sources of protein. Other chapters include young adults, exercise, stress reduction, and how tobacco affects all aspects of a person's life.

This of course is only a small sample of what is included between the pages of the new took kit. Staff and members are encouraged to attend Healthy Living meetings, every Tuesday at 4 p.m. to get more information.

# Mental Health around the World

## Haiti: Haitians are haunted by invisible, emotional scars

In the aftermath of the terrible earthquake that destroyed many homes and building and killed over 100,000 people, survivors are faced with going on after losing friends, loved ones, homes and jobs. Health officials admit that the country is 'vastly underequipped' to deal with the mental health crisis that exist after the disaster.

For the full story, go to:  
<http://www.scrippsnews.com/node>

## Pakistan: New insights into mental health problems in Pakistan

There has been very little research in Pakistan on the effects of poverty on children's rights of survival, education, health, nutrition and mental health, and exploitation. The study high-lighted the importance of social and economic causes for mental health problems.

For the full story, go to:  
<http://newsmedical.net/news/2009/05/21/New-insight>

## Finland: ILO report examines mental health in the workplace in Finland, Germany, Poland, United Kingdom and U.S.

An ILO (International Labour Organization) study of mental health policies and programs that affect people in the work force shows that 1-10 workers are suffering from depression, anxiety, stress. This is increasing, and can lead to job loss and hospitalization. The goal of the study was to raise awareness of the situation so

that governments and industries could address.

For the full story, go to:  
[http://www.ilo.org/global/about\\_the\\_ILO/medi](http://www.ilo.org/global/about_the_ILO/medi)

## Uganda: Integrating mental health into primary health care: local initiatives in Uganda

Along with the HIV/AIDS epidemic, Uganda has also undergone 40 years of civil war. The goal of recent efforts has been to empower local communities to deal with mental health difficulties. The project in one community strives to integrate the efforts of self-help groups, local political leaders. And health care providers.

For the full story, go to  
<http://www.ncbi.nlm.gov/pmc/articles/pmc1805718>

## Vietnam: New light: Mental health in Vietnam focus on new program

Vanderbilt University in the U.S. has developed a program in which several Vietnamese university students can study psychiatry and research here and develop an advanced study in researching mental health and addiction programs there. Currently, there is no real, standard way to do research, and methods sometimes do more harm than good.

For the full story, go to  
<http://peabody.vanderbilt.edu/x7564.xm>

**Dual Recovery Anonymous**  
**Come join Us For Extra Support...**  
**SEEKING SANITY—**

For more information about DRA visit



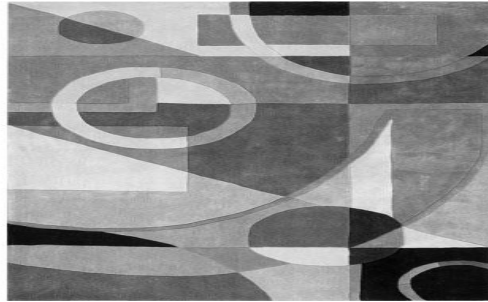
DRA would like to thank the Salvation Army for weekly donation of refreshments at each meeting!



# Art Committee Update

The Genesis Club Art Committee is radiating with anticipation... Recently, the Genesis Club Artists have been given the opportunity to hold their Annual Art Show for the first time ever at a professional gallery. The Genesis Club Artists will be exhibiting their work at the **ARTS Worcester Gallery at the Aurora from July 1<sup>st</sup> through July 24<sup>th</sup>**. This is a new and exciting endeavor for the Art Committee as well as a fantastic opportunity for Genesis' Club artists to portray their art in one of Worcester's most well known and only professionally managed non-profit membership gallery in Central Massachusetts. A great amount of prepara-

tion, effort and assistance is needed to make this Art Show a historical event. So come join the Art Committee every Monday at 3p.m. New artists are always welcome!



## Team Genesis Road Race Kickoff

The official start of the **Team Genesis** 2010 Road Race Season begins April 17<sup>th</sup> with the "Spring into Spring" YMCA Road Race at the Greendale YMCA in Worcester, MA. The race starts bright and early at 8:30 a.m. and runners and walkers alike are encouraged to participate. For more information, check in with the S.A.M. unit. Team Genesis also plans on running several other area races in the next several months, including the 38<sup>th</sup> Falmouth Road Race to be held on Sunday, August, 15, 2010.

Come show your support, help team Genesis dust off their shoes and rekindle the "spring" into the start of a great road race season!



# Nutrition

## Heart Smart Eating Habits

The old adage "An ounce of prevention is worth a pound of cure" is nowhere more valuable than when it comes to having heart-healthy eating habits. And it's also never too late to change your eating habits to help improve your health. Here are a few tips to start you on your way.

**Facts on Fats – What are the different kinds?** We all need some fat in our diets to maintain our overall health. But, there are all the different kinds of fats, some good, some not so good... hopefully the following will help with understanding the differences. Let's start with **Monounsaturated Fats**. This type of fat is very good for your heart health having been proven to reduce overall cholesterol and also in some cases helping to increase HDL levels (the GOOD cholesterol!) Monounsaturated fats are found in things like Canola Oil, Olive Oil, Nuts and Avocados. **Polyunsaturated Fats**, found in Sunflower oil, Sunflower Oil and in many fish and shellfish can also help to reduce overall cholesterol. Fish such as Salmon, Tuna, Mackerel and Lake Trout are very high in Poly Omega 3, one of the Polyunsaturated fats. Herring and Sardines are as well, however, one word of caution about canned foods...they can be very high in sodium (salt) which can raise blood pressure. As with any foods you shop for, read the labels before you purchase. Fats to be avoided are **Saturated Fats**, which come largely from

animal products like meat, whole dairy products, butter, lard and can be found in the skin of poultry (chicken, turkey, etc..).

Another important food for heart health is **fiber**. When shopping in the grocery store, high fiber foods are usually identifiable by the red heart/checkmark on the package. Fiber acts like a sponge to pick up cholesterol in your digestive system. Foods like Oatmeal, Lentils, or Chili with bean soups, Bran, Barley and Citrus Foods are high in fiber.

## **THE IMPORTANCE OF EATING WELL**

- 1) **Good nutrition gives more energy.**
- 2) **Good nutrition will help people who are dealing with addiction.**
- 3) **Good nutrition will improve your mental state.**
- 4) **Good nutrition is more frugal.**
- 5) **Good nutrition gives you better skin.**
- 6) **Good nutrition will lower your chances of getting a chronic disease.**
- 7) **Good nutrition will allow for better sleep and you will feel more rested in the morning.**
- 8) **Good nutrition is beneficial for your blood pressure, cardiovascular health, and cholesterol level.**

## Smoke Free First Thursdays at Genesis

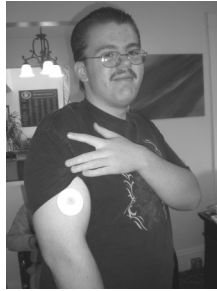
The first Thursday of each month is now designated as smoke free in the clubhouse. No, we will not be giving out free cigarettes. Instead, we will be giving out patches and candy and veggies to help folks to control the urge to light up.

Up to now, we have had two smoke free days at the club and they have been very successful. Members and staff have really been supporting each other.

We have carbon monoxide meters that measure the carbon monoxide in your lungs. This past first Thursday, forty-five people took a meter reading. If you take a reading in the morning and check it again in the afternoon you are able to tell that your lungs have already started to clean up. This can encourage

people to stay smoke free.

Congratulations to Andréa Gilligan! Andrea chose that day to quit and still has not smoked! Way to go Andréa!



Frances Benoit

**Next Smoke Free Day Is  
April 1st!**

## Reasons Why I Quit

I started smoking cigarettes when I was 12 years old. I quit for good when my dad died of lung cancer.

Before that it was tough to stop. My son asked me to stop because of my health. I tried but through the years have dealt with so much stress in my life. Two months after my dad died my brother in-law died

Two and a half months apart (4/1/09) that same day my mom almost died. So between that and dealing with my kids, I couldn't help my mom. My mom went to the hospital

and stayed for two weeks and the went to a nursing home for awhile. My moms lives with Alzheimer's Dementia and is only getting worse. When my dad was around he caught me with a cigarette. He later than talked to me about smoking. He did not want me to end up with what he had. I made a promise before he passed that I would never have anther cigarette. My promise made is a promise kept. My dad is my hero. I'm proud to say that I'm a non-smoker.

-Kathy Bilideau

## The T.E. at the American Red Cross Worcester

I have been working the TE position at the American Red Cross of Central Massachusetts in Worcester for roughly three months now. The position is three days a week proctoring tests, answering phones, and a variety of other clerical duties as well. There are two types of tests administered. One is a reading comprehension test that prospective students must pass in order to enroll in the nursing, phlebotomy, or EKG programs. The other is a state test which those who have completed the nursing program need to take in order to get their Massachusetts Certified Nurse's Assistant license. These two tests, and the preparations needed for them, make-up the majority of the job.

On a typical day, I start off by greeting and registering people for the

morning's reading test. After the test, I enter their results on the computer and help people to complete a background check as well. After lunch, I answers phones, prepare testing paperwork, and do any other clerical duties that need to be done until it's time for the afternoon state test. At the end of the day, I send back the results from the afternoon test to the state testing office.

My personal experiences on the job have all been great. The people I work with are all easy to get along with and very helpful. The work schedule makes for an ideal transition back into the work force. And, it's also a nice feeling to know that the work that I am doing is helping the Red Cross achieve their worthwhile goal. -Scott Desy

## Transitional Employment Showcase

**Name:** Donna Ellis

**Unit:** Business

**T. E. Position:** D. M. H. Central Mass Area Office Reception

**Favorite Part of the T.E.:** Everything!

**Ultimate Career Goal:** To return to work full-time.

**T. E. Tasks:** Answering phones, sorting mail, scouring news paper for relevant stories, and other projects as needed.



# Building Dreams April 2010

We had a great Building Dreams tour on March 17, 2010. Our I.T. professionals from Silversword attended the tour. Ziad Moukheiber and Tom Whiley. We also met a neighbor of ours from Currie Management, Robin Currie. Robin is involved in the neighborhood crime watch meetings. We were also joined by Caroline Kopoyan from Immedia Sound and Lights. She heard us speak during a North Worcester Business Association meeting.

Thank you to Paul Letourneau and Sue Destratis for attending the tour, your ideas and feedback means a lot. Also thank you to Luke, Beth, Laura and Jeremy

for sharing their stories. Our next tour is on April 21, 2010 at 10am. If you would like to invite any family members or friends, please let training and development know.



[genesisclub.org/facebook](http://genesisclub.org/facebook)

Check It Out!

**Genesis Club is now on Facebook.**

## Education News from the Career Development Unit

"Follow the students" is our theme in the Career Development unit for supporting members starting school. We're doing just that in following Julie Watkins, Jenny Rodriguez and Dannie Perri as they venture into the world of Salter College. We had a wonderful meeting today at Genesis with Susan Atkins, the interim admissions director at Salter.

Charlene Keefe, the president of Salter College, Louise Motta, the disability services director, and the rest of the managers are scheduled for a tour and a visit within the next few weeks. We're hoping to create a support network with Salter College similar to what we have with Quinsigamond Community College.

Onward and Upward, Genesis Club Students!



## A Few Pictures from the March Post-Site Visit to Norway!

Watch for the Article in May's Issue!



**Just a Friendly Reminder  
To Please Sign In!**

### Employment Dinner

**April 6th**

French Meat Pie with Salad and Dessert

**April 20th**

Parmesan Roasted Potatoes, Italian Red Potatoes with Salad and Dessert

With Guest Speaker Barbara Lee, U MASS Benefits Specialist

