

# Genesis Alive December 2010

## Genesis Club, Inc.

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

### Mission Statement

The Genesis Club, established in 1988, promotes the partnership model of recovery (the Club-house).

The mission of the Genesis Club is to assist individuals with mental illness to attain employment, Housing, and friendships.

Last Year, Genesis club provided the following services to over 700 individuals: vocational training,

Employment, education, housing, peer support outreach, evening \ weekend social activities plus a

Wellness and young adult initiative

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.

### Board of Directors

#### Officers:

#### President:

Charles Lidz, Ph.D

#### Vice President

Tom J. Pier

#### Secretary

Karen Kennedy

#### Treasurer

Roy Bourgeois, Esq.

#### Past President

Patrice Muchowski, Sc.D.

#### Officers at Large:

Roger Trahan, Jr.

William Tsaknopoulos

#### Directors:

John Casey

D. Susanne Crapser

Walter Cunningham

Jeffrey Hall

Jeffrey Geller, M.D.

Joyce Greenberg

Joseph Kraskouskas

Paul Letourneau

Thomas D. Manning

Thomas McCarthy, Sc.D.

Kathie Metzger

Martha Pike

Steven Rotman

Edward Sanborn

Laura Blockel

Jane Rudy

Brenda Cole-Milner

### 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



St Louis, Missouri

This past October, Lauren What's a 'three week training from Business, Ed Shindle ing'? Each Clubhouse has to from the Snack Shop, and be certified every three I (from Housing) went to years by a team from the St. Louis, Missouri for a International Center for three week training. Ruth Clubhouse Development. joined the team at the beginning of the third week.

(Continued inside)

**Genesis Club** is an ICCD Accredited International Training Base

In order to be certified, Clubhouses choose a member/staff team to go to a training center for three weeks of intensive work in that Club, and attend meetings where the TEAM comes up with action steps to address goals suggested by Genesis.

When we got there, we each picked a unit to join. Although Independence Center is bigger than Genesis, and has more members (it is the second largest clubhouse in the world!), it has only three units!! The Upper Level, the Street Level, and the Lower Level.

I chose the Upper Level. What was there? The Kitchen, the Snack Shop, the Flower Shop (!), the Copy Center, the Director, and Training and Development. All on one huge floor! It was pretty busy, with a lot of activity.

Lauren chose the Street Level, which has the Member Bank, Employment, Record Keeping, and an UP Scale Thrifty Shop.

Ed picked the Lower level, which had the Wellness Pro-

gram and Gym, Media and Technology, and more record keeping and billing.

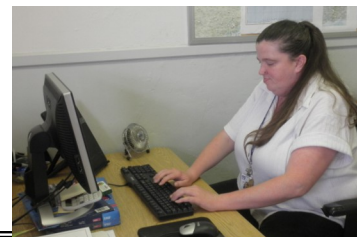
We had a great time. Some tourist stuff (The St. Louis Arch, **The Cahokia Mounds**-a must see, and a tour of the Annhauser Bush/Budweiser Plant). But mainly, we worked in the Club and participated in seminars about Clubhouses, discussing things like Roles and Responsibilities of Members and Staff, Employment, etc. At night, we met and hashed out the Goals (Outreach, Work in the afternoon, Wellness and sharing work across the units.

We made a lot of friends, re-met with old friends, and had a great time.

When we returned to genesis, we presented in a special House Meeting in the morning, our goal of achieving a more vibrant and engaged afternoon in the Club. The meeting opened up the goal to the Club, members and staff brainstormed and came up with over 50 ways we could make the Club better!!

## TRANSITIONAL EMPLOYMENT

Jeremy Hill	American Red Cross
Art Sneiderman	Mechanic's Hall
Sarah Lambert	QCC Switchboard
Lee Hovsepian	QCC Switchboard
Maryanne Bignola	QCC Dinning
Mary Quill	UMass Program for CHR
LiLi Wang	UMass Kitchen
Matt Hinds	UMass Kitchen, B.U.
Mike Rocheleau	UMass Housekeeping
Lee Wells	UMass Housekeeping
Paul Marescalechi	UMass Mailroom
Michelle Bullock	UMass Mailroom
John Gasperski	UMass Mailroom
Beth Griffin	UMass Mailroom
Jonathon Sinclair	UMass Mailroom, B.U.
Jonathon Pearson	UMass South Street
Nora Johnson	UMass South Street
Jane Rudy	UMass
Liz Swallow	Worcester Art Museum
Keith Vaill	Chartwells at W. S. U.
Alex Clockedile	Chartwells at W.S.U.



Mary Quill entering data at her new TE for clubhouse research



## **EDUCATION**

### **QCC**

Andre Beaudet  
 Katherine Dedrick  
 Chris Gazonas  
 David Gendler  
 Andrew Goodrich  
 James Hicks  
 Lauren Hopper  
 Derek Hunter  
 Jescelle Marengo  
 Adam Monteith  
 Tim Payne  
 Jane Rudy  
 Maria Schoff  
 Francis Segbifia  
 Stephanie Leonard  
 Harold Oratokhai  
 Lee Wells



### **Salter College**

Dannie Perri

### **Training**

Liz Swallow Cheri Clark  
 Peter Clark Peter Dixon

Sarah Lambert  
 Will McNamara

### **GED/High School**

Paula Johnson  
 Eric Sweeney  
 Sean Bissonette  
 Liz Morgan

### **Baypath Cont Ed**

Laura Blockel

### **W.S.U.**

**Mike Duncan**  
**Chrissy Parissi**  
**Lucas Ebbinghaus**

## **2010 Alcathons**

**Christmas**— Starting Friday December 24<sup>th</sup> at 12 noon

Ending Saturday December 25<sup>th</sup> at midnight.

**New Year's** Starting Friday December 31<sup>st</sup> at 12 noon

Ending Saturday January 1<sup>st</sup> at midnight

**St. John's Church**

**44 Temple Street, Worcester, MA 01604**

Parking on 44 Temple Street across from the church. Parking for **HANDICAPPED ONLY** in church lot. Handicap accessible at rear of church (see signs). Watch for SIGNS on site for entrance to Alcathon.

*Food Donations Appreciated by Groups and Individuals*

*For specific time slots please visit: <http://www.aaworcester.org/>*

### **Training and Development Update**

This past year in review for Training and Development has been very successful. We trained clubs from 3 countries including Canada, Denmark, United States and 1 Province, U.s Virgin Island. They all had success is learning new skills to bring back to their own clubs. All together, we had 24 clubs and 73 colleagues join us for Comprehensive Training, Employment Track Training or Young Adult Track Training. It shows the importance of the work that Genesis Club members and staff have in the development of Clubhouses throughout the world. During their time with us each colleague developed great relationships with the other members and staff in their units. And we each have fond memories of at least one of the colleagues and their clubhouse group. We are excited for the upcoming 2011 training schedule and the potential new clubhouse we will be meeting and sharing experience with.

## Sober For the Holiday

It's the most wonderful time of the year, with the children jingle-belling and everyone is telling you to have good cheer! For the most part, this is what the holiday means for most and feels like a Christmas carol.

However, for those who are in recovery it is anything thing but a carol. It is full of worry and stress and at times depressing, especially for those who are in the early stages of recovery. The holidays though can be looked at through the proactive use of the twelve steps.

Take a look at thanksgiving and what it is that we are taking part in. It is a time in which we gather for food and companionship. Now to step back and look at our 12 step meeting. It is the same things that takes place. We gather for support and companionship. We are thankful to have those around us to walk along side us in a times of difficulties and are thankful each time we meet to be together. Is this not what we do at thanksgiving?

Christmas and New Years are about new beings and most people look forward to taking this time to take inventory of their lives to make changes. These are positive steps that you have been taking all along to put your life back on the right track, *So we have put together some tools to help you stay on track through this Holiday season, We hope it helps.*

1. **Sponsor (Ask for help! They are your greatest support! Remember they have been there and they want to see you win!)**

2. **Plan (Know where you are going, what you will say.)**

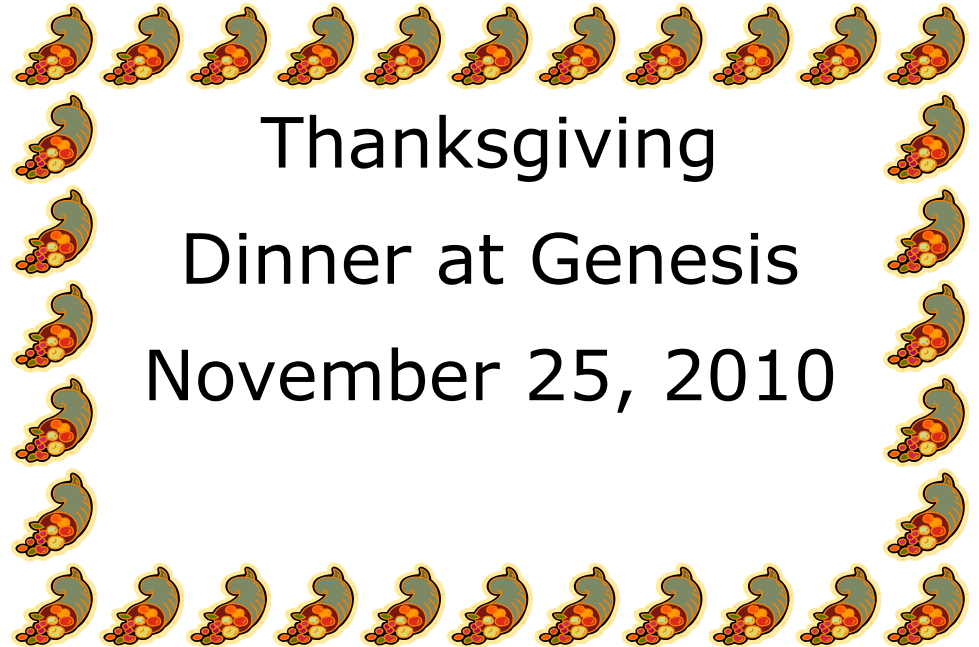
**Examples: "Want something to drink? Sure a coke sound great!"**

**"Come on have something to drink, one wont hurt."" Maybe later I just feel like a coke!"**

3. **Have a plan ( I will go to the party at seven and leave the party 9pm to meet a friend at the movies, telling the host-ess that I have other plans at 9pm.)**

4. **Have a plan B( Let a support know that if you come up to them it means you have to leave now, so they are not surprised and will leave.)**

5. **Go to or have a sober party.**



## Emily's Recipe for Sweet Potatoes

*In a large bowl, combine, two cans of drained sweet potatoes with one can of mostly drained crushed pineapple. Mash together and spread into a PAMed 8x8 pan. In another bowl combine 1 cup of oatmeal, 3/4 cup brown sugar, 1 tea-spoon of cinnamon and a sprinkle of salt.*

*Now the fun part! Using your hands smash the oatmeal mixture together with 1 stick of butter until crumbly. Sprinkle on top of the sweet potatoes and enjoy!*



### ***Tips for Coping with the Holidays***

- Stay close to family and friends who understand your illness
- Take your medications as prescribed.
- Celebrate the holidays in ways that are comfortable for you.
- The holiday season does not stop feelings of sadness and loneliness. Give yourself permission to work through those feelings
- Don't compare this season with the previous ones. Enjoy all the little things you have now.
- Talk about the stress you feel with family and friends.
- Keep expectations manageable. Plan your work and work with your plan.
- Set a budget and stick with it. Many items that you can give do not cost money- a phone call to a friend may mean more.
- Do something nice for someone else. Do something nice for yourself.



What Genesis Has Done  
for Me.

I've been a member of Genesis for a year now. I became a member on September 30<sup>th</sup> 2009. Before I became a member of Genesis Club I was hospitalized a number of times at 8 east. I eventually met Cheryl and Jane from Genesis. They told me all about Genesis Club, as well as peer support which I signed up for.

Once I was released from the hospital, I came to Genesis for a tour. Jane Rudy gave me a tour through the whole clubhouse. She was very nice. I went on to start orientation, but then I went to Southbay. When I left Southbay I came back to finish my orientation which I finally did in September. It took me five months to finish. I chose membership and David R. as my advisor. He

was the one who kept telling me I would finish, which I did.

In my first year as a member, I was still trying to deal with my health. I was in and out of the hospital with my asthma/copd having diabetes, and getting a pacemaker too!

Since joining the wellness program at Assumption College for the third time, it has helped me lose 60lbs since February. I also go to promoting healthy lifestyle meetings on Tuesday's and I was a part of the Clubhouse cessation Meeting with Fountain House which I liked. I still have a long way to go but being a part of the Genesis Club and having the supports there I know I can accomplish anything I want in life.

Andrea Gilligan

Interested in submitting an article for next months newsletter? Please come to the Genesis Alive Meetings on Wednesdays at 3p.m. in the business unit.

## **Mental Health and Mental Illness in the News**

### **Dateline: The World**

**Israel and Middle East: Imams lead change in attitudes towards mental illness**

Islamic leaders in Israel take part in 5 week workshop to change attitudes toward those who suffer from mental illness in Israeli-Arab society, and learn about legal rights and services available to the mentally ill. **For the full story, go to:** [www.ynetnews.com/articles/0,7340,L-3982762,00.html](http://www.ynetnews.com/articles/0,7340,L-3982762,00.html)

**Africa: Mental Illness is a Silent Predator in the Developing World**

**Canada: Philanthropist gives \$12 million to VGH for new mental health facility**

"It's not sexy to fund, but mental illness crosses all boundaries", says millionaire Joe Segal. The contribution is the largest ever made for a mental health program in British Columbia. **For the full story, go to:** [www.vancouversun.com](http://www.vancouversun.com)

**United States: Mental Illness Affects 1 in 5 Americans**

Nearly one-in-five Americans have had an experience with mental illness in the past 5 years, the results of a new government study say, with women, the unemployed, and young adults to be more likely than others to be affected. Five percent are estimated to have their lives affected by 'serious mental illness, but all have had their lives negatively impacted. (Thanks to Mary Quill for the story!!) **For the full story, go to:** [www.webmd.com/mental-health/news/20101118](http://www.webmd.com/mental-health/news/20101118)

**India: Mental health Programme Delhi forsakes, Imphal picks up**

Although the government of India has announced it will cease funding of the Mental Health Programme, the state government has decided to continue and support the initiative with it's own funding and resources. **For the full story, go to:** [www.e-pao.net/GP.asp?src+6..181110.nov10](http://www.e-pao.net/GP.asp?src+6..181110.nov10)

**Russia: Urgent Need for EAP**

Until recently, Employee Assistance Programs, in which national and visiting workers had benefit packages that included mental health and substance abuse components, were practically nonexistent. But because of the influx of foreign professionals, and because of Russia's ongoing battle with worker substance and alcohol usage, counseling programs are being put in place by business and industry. **For the full story, go to:** <http://www.globalhrnews.com/story.asp?sid=1215>

**East Africa: Nairobi: New Focus on mental Illness and mental Health in Africa**

For years, focus on health care in Africa has focused on communicable and infectious diseases, like malaria. The recent World Mental health Day, October 10<sup>th</sup>, highlighted the lack of research and resources into mental illness treatment and prevention. As a result, South Africa will host the World Federation for Mental health in October, 2011.

**For the full story, go to:** <http://allafrica.com/stories/2010>

