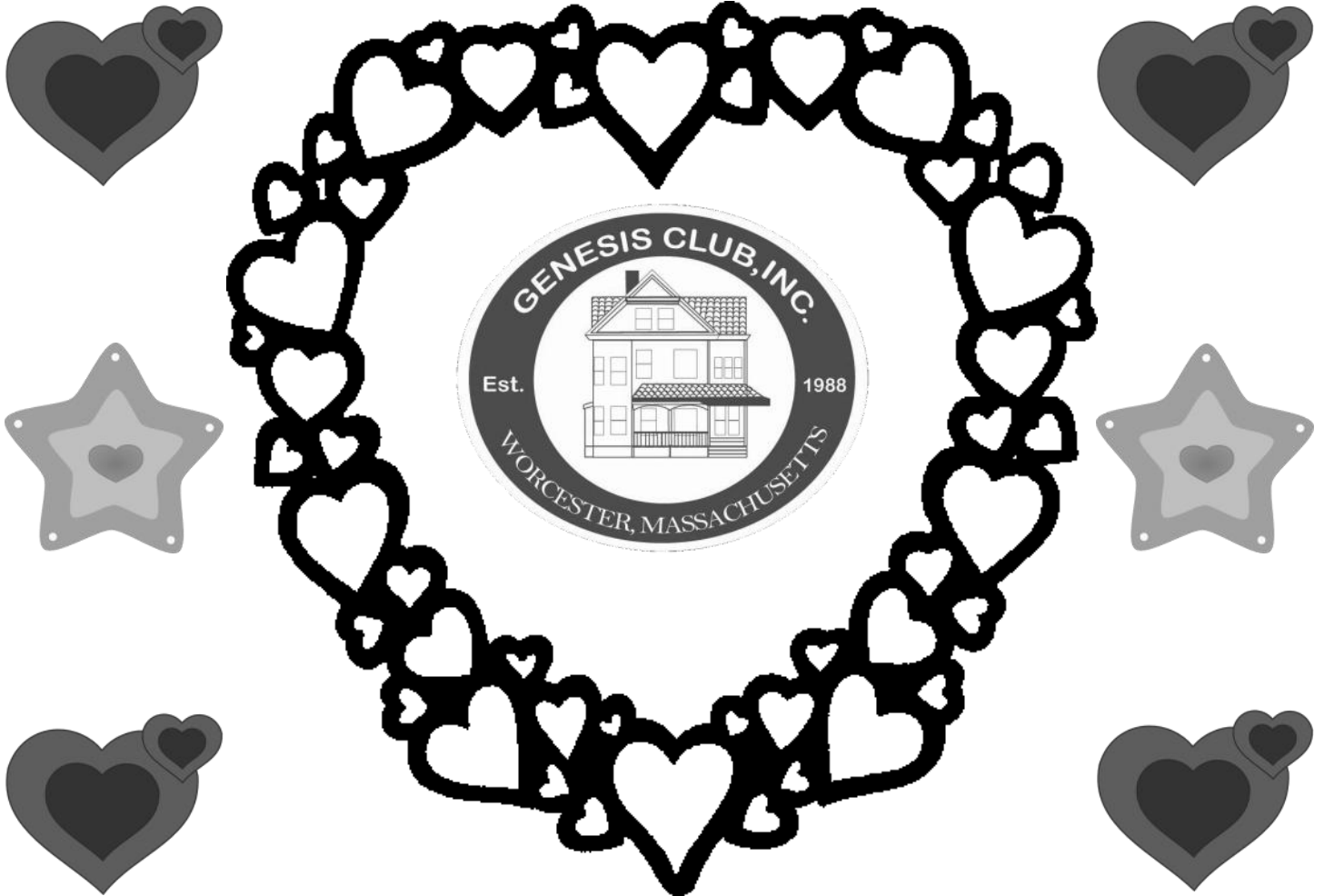


# Genesis Alive February 2010



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*Good Luck Peter!!*



**BEFORE**



**AFTER**

**Peter Travisano**...has left the building...He will surely be missed. Pete was our employment coordinator for the past *11 years*. His dedication, insight and hard work has helped establish supportive relationships with many Worcester employers. His work has helped hundreds of Genesis members gain successful long term employment. Pete has spent his entire life working for the betterment of his fellow man. He will continue to serve the people as a Benefits Counselor at UMASS.

Peter was a great asset to our clubhouse and our community and we wish him the best... Thanks Pete...



## Training and Development

A New Year brings us a new group of colleagues. Training started the end of January for colleagues from Denmark and Waltham, MA, and will wrap up the second week of February. We had a great post site visit with Horizon House in Wakefield, MA. They continue to do a great job, and are on track with the action plan they developed with us last year.

Building Dreams also started up again in January. We were happy to share our community with the Asst. City Manager, July Jacobson and individuals from UMass and Worcester State College. Worcester's new mayor (Joe O'Brian) will be joining us for a

tour this month. We also expanded our outreach to the business community by becoming members of the North Worcester Business Association. They hold monthly networking meetings. Anyone interested in these meetings, just let someone in Training and Development know. Our unit work continues to grow; luckily we are also adding a lot of great members! Welcome to Adaline T., Maria C. and Larry V.



# POETS!

## Poems Needed

### For The

### Spring Edition

### Of The

# Literary Magazine!



**Submit Poems  
to the  
Business Unit**



# NEXT UP

# NEXT UP

Tired of performing in front of the mirror?  
Looking for an opportunity?

Come join the show!  
Showcase your talent...

- Singing
- Dancing
- Art
- Poetry
- Drama



For the  
community...  
By the  
community...



Interested in getting involved?

Call

1-888-529-9633 ext 103 or 104

Or email



[krisg@bostontv13.com](mailto:krisg@bostontv13.com) or [c-luv@bostontv13.com](mailto:c-luv@bostontv13.com)

## Mental Health and Mental Illness in the News

### Dateline: The World

*Special thanks to Mary Quill for scouting out some of the stories!  
If anyone would like to suggest ideas, please give them to Genesis Alive!*

#### **North America-New PBS Show, *This Emotional Life***

PBS debuts a new show about the emotional life of Americans today. The show debuts 1/4/10

For the full story, go to: [www.pbs.org/thisemotionallife/](http://www.pbs.org/thisemotionallife/)

#### **Australia: Australia-US forge links to ease global mental illness burden**

Mental illness is a global issue that seems to be growing. The University of Melbourne and Harvard University have created a joint effort to build an international think tank which will assist countries in developing mental health policies and services.

For the full story, go to: [www.voice.unimelb.edu.au/view.php?articleID](http://www.voice.unimelb.edu.au/view.php?articleID)

#### **Middle East: Lebanon – Breaking the Mental Illness Taboo**

Mental Health services are mainly available for children, while research has shown that 17% of the population meets the criteria for having a mental illness. Among Palestinian refugees, 37% of women report experiencing high levels of depression and anxiety.

For the full story, go to: [www.msf.org.uk/mental\\_health\\_lebanon\\_20091109.news](http://www.msf.org.uk/mental_health_lebanon_20091109.news)

#### **Asia-China: China has 100 Million people with mental illness**

Mental Illness has now overtaken heart disease and cancer as the largest burden to the health system in China. **The problem was overlooked for over 50 years**, and now the government is trying to play ‘catch up’ by building mental health clinics and spending on research

For the full story, go to: [www.telegraph.co.uk/news/worldnews/asia/china/5235487](http://www.telegraph.co.uk/news/worldnews/asia/china/5235487)

#### **South America: Social factors associated with child mental health problems in**

##### **Brazil**

In the developed, industrial world childhood psychiatric disorders are 10-20%, but the prevalence is higher in the developing world. A study was conducted looking at how social factors such as family violence, poverty, and parental illness affect children.

For the full story, go to: [www.ncbi.nlm.gov/pmc/articles/articles/pmc55573/](http://www.ncbi.nlm.gov/pmc/articles/articles/pmc55573/)

#### **Africa: WHO (World Health Organization) urges more investments, services for mental health**

WHO is appealing to countries to increase their support for mental health services. Mental, neurological and behavioral disorders are common in all countries, but especially in developing countries. Mental Health is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and be able to make a contribution to his or her own community.

For the full story, go to: [www.who.int/mental\\_health/en/](http://www.who.int/mental_health/en/)

#### **Europe: Mental Health in the Media, UK**

The Mind’s Open Up project supports the One in Four Conference. The conference will focus on how mental health and mental illness are portrayed and reported on in the media.

For the full story, go to: [www.ilo.org/global/About\\_the\\_ILO/Media](http://www.ilo.org/global/About_the_ILO/Media)

#### **Europe: Bulgaria - Mental Health Sufferers Receive Support**

Government has announced plans to radically overhaul support for people with mental health problems, by placing mental health coordinators in Job Centres. “People with mental health issues remain among the most excluded within our society, particularly in the workplace. We know that work improves mental health and wellbeing ... it is important to offer support to people with mental health conditions, such as depression and help them stay in a job, or get back to work”.

For the full story, go to: <http://visitbulgaria.info/print/12031>

## Black History Month February 2010

Black History Month quotes help put the month into perspective. Here is a compilation of quotes from prominent people worth reflecting on this Black History Month.

"Bringing the gifts that my ancestors gave, I am the dream and the hope of the slave. I rise. I rise. I rise." - Maya Angelou

"Hate is too great a burden to bear. It injures the hater more than it injures the hated." -Coretta Scott King

"I have learned over the years that when one's mind is made up, this diminishes fear." -Rosa Parks

"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that." -Martin Luther King, Jr.

"The battles that count aren't the ones for gold medals. The struggles within yourself--the invisible, inevitable battles inside all of us--that's where it's at." -Jesse Owens

"I am where I am because of the bridges that I crossed. Sojourner Truth was a bridge. Harriet Tubman was a bridge. Ida B. Wells was a bridge. Madame C. J. Walker was a bridge. Fannie Lou Hamer was a bridge." -Oprah Winfrey

"I have observed this in my experience of slavery, that whenever my condition was improved, instead of increasing my contentment; it only increased my desire to be free, and set me thinking of plans to gain my freedom." -Frederick Douglass

"The cost of liberty is less than the price of repression." -W.E.B. Du Bois

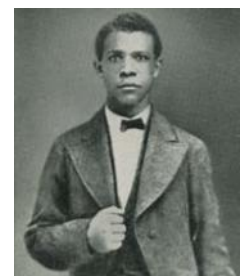
"We should emphasize not Negro History, but the Negro in history. What we need is not a history of selected races or nations, but the history of the world void of national bias, race hate, and religious prejudice." -Carter Woodson

"The past is a ghost, the future a dream. All we ever have is now." -Bill Cosby

"Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome while trying to succeed." -Booker T. Washington

"Do not call for black power or green power. Call for brain power." -Barbara Jordan

"God gives nothing to those who keep their arms crossed." -African Proverb



# Dual Recovery Anonymous

## REAL TALK

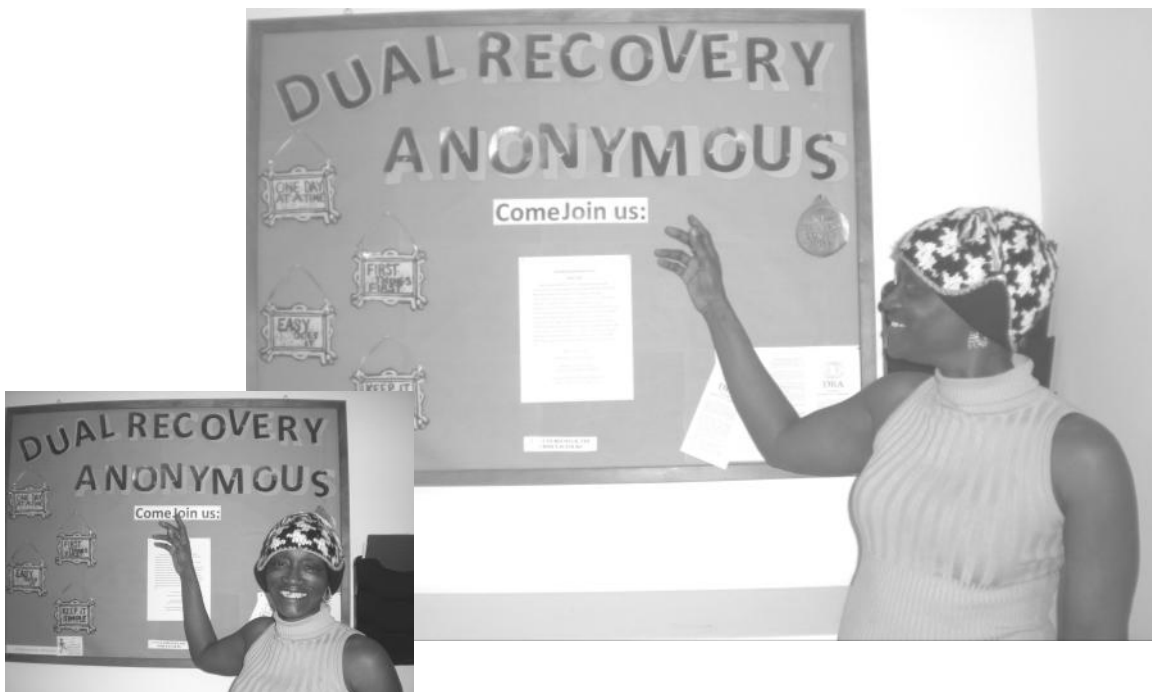
The Genesis Clubhouse, Inc., along with providing a community of mutual support, has introduced me to the DRA Meetings at Adcare Hospital on Tuesday evenings. Transportation has always been an issue for me in attending meetings; however the Genesis Clubhouse provides transportation to the meeting. I found myself among others like me. Our goal is sharing our personal experiences regarding the ways that we have learned to cope with our symptoms by applying the 12 steps. In our daily lives we learn to avoid the risks that lead back to alcohol and drug use, as well as reducing the symptoms of our emotional and psychiatric illness. Being a participant in both the Genesis Clubhouse, Inc. and the DRA Meetings has given me a sense of purpose and quality in my life.

Ms. Adaline Toney

*Come join us for extra support...*

Seeking Sanity-Tuesdays  
6:30-7:30 p.m. Adcare Hospital

For more information about DRA visit <http://draonline.org/index.html>



## February Holiday Quotes



### Valentine's Day

- Love is the condition in which the happiness of another person is essential to your own. Heinlein
- To love is to receive a glimpse of heaven
- Roses are Red, Violets are blue, Sugar is sweet, and so are you.
- Love, while often overrated, is also necessary.
- Love, Love , Love, all you need is love. Nothing that you can do that can't be done... Beatles



### Washington Quotes

- Associate with men of good quality if you esteem your own reputation; for it is better to be alone than in bad company.
- Why does Lincoln get to be on the five dollar bill, and I only get the single?
- Few men have virtue to withstand the highest bidder.
- Friendship is a plant of slow growth and must undergo and withstand the shocks of adversity before it is entitled to be called friendship.
- If the freedom of speech is taken away, dumb and silent we may be led, like sheep to the slaughter.



### Lincoln

- Those who deny freedom to others, deserve it not for themselves; and under a just God can not long retain it.
- Let us have faith that might makes right. And in that faith, let us, to the end, dare to do our duty as we understand it.
- Common looking people are the best in the world; that is the reason the Lord makes so many of them.
- Public sentiment is everything. With it, nothing can fail; without it, nothing can succeed.
- To sin by silence when they should protest makes cowards out of men.
- Leave nothing for tomorrow which can be done today.



### Flag Day

- A flag appears 'mid thunderous cheers/The banner of the Western Land/The emblem of the brave and true. — Sousa
- We do not consecrate the flag by punishing its desecration. For in so doing we dilute the freedom that this cherished emblem represents. William Brennan
- You're a grand old flag/You're a high flying flag/And forever in peace may you wave. George M. Cohan



### Constitution Day

- The Constitution is not neutral*; It was designed to take the government off the backs of people. Douglas
- The every day person's view of the Constitution is that what he likes is constitutional, and what he doesn't like is unconstitutional. Black

## Volcanoes

By Francis Benoit

We all know that volcanoes are above ground and below water, and they erupt occasionally over time. Volcanoes are really mountains that become taller over a period of time as they erupt. That means that molten rock, magma, comes from within the Earth and erupts onto the surface. The volcano might be explosive and produce ash or be effusive and produce lava.

The explosions are usually first because there are lots of gases inside the magma. When you have a bottle of soda pop, you do not see any bubbles of gas, but when you open the container, it bubbles almost instantly. Once the gas bubbles have all escaped, the soda is flat. It's the same with volcanoes: when magma is flat, a lava flow comes out.

Most of the volcanoes from around the Pacific Ocean are composite which means that there are layers of ashes and lava. Most volcanoes are 10,000-100,000 years old. It takes time for them to grow big. Inside the crater of a volcano there is nothing alive and many small fumaroles (holes) release nasty gases. There are many colorful minerals being deposited from the gases as they cool. The most important gas is water vapor and then carbon dioxide. These two important gases are not poisonous.

Sulfur Dioxide, hydrogen chloride, and hydrogen fluoride are emitted as well. They are strong poisons and cause pollution problems. Volcanoes also make many different types of rocks. For example, black shiny rocks with only a few crystals are usually basalt. The opposite: white shiny rocks with many crystals and often many bubble holes inside the rocks are rhyolite. The Hawaiian Islands are famous for their beautiful black sand beaches.

There are at least 1,500 active volcanoes in the world. Indonesia has the most volcanoes by far. Merapi which means "mountain of fire" erupted in Indonesia in January 1994 and killed a few hundred people. The biggest volcano in the world is Mauna Loa, in Hawaii. It rises off the sea floor to 13,000 feet above sea level or about 29,000 feet above the sea floor. Another huge volcano is Mt. Etna on the island of Sicily in Italy.

Also about 500 million people live near an active volcano. Most of them do not realize that the Earth is very much alive and that they need to pay attention to what it is up to.

I hope you enjoyed this article about volcanoes, my next article will be about the beginning of the Solar System.

# SUPPORTED EDUCATION

## QCC

*Liz Barkus  
 Jennie Belfield  
 Kitty Berthiaume  
 John Briggs  
 Michelle Bullock  
 Chris Cattel  
 Robert Conn  
 Katherine Dedrick  
 Chris Gazonas  
 David Gendler  
 Jean Giancaterino  
 Beth Griffin  
 Arianna Malick  
 John Penny  
 Jane Rudy  
 Alex Santiago  
 Francis Segbifia  
 Tim Stitis  
 Meghan Salsman  
 Maria Schoff  
 Juanita Wright*

## WSC

*Rich Byrne  
 Dan Parker*

## Clark U

*Chris Noonan*

## Mt. Wachusett CC

*Jack Grillo*

## Salter College

*Harold Oratokhai  
 Jennie Rodriguez  
 Julie Watkins*

## GED

*Jane Rudy  
 Michelle Bullock*

## **Worcester State College Visit**

Starting in February we will be visiting the college once a month, listen for details in the morning meeting

## Quinsigamond Community College Visits

**Every Wednesday  
 11:00-12:30pm**

This is a time to check out the campus, get information or just take care of business on campus. If you are interested in joining us, please let the CD unit know.

The deadline for the Baer Foundation Scholarship for Fall, 2010 semester is May 28th, 2010.

*Contact the Career Development Unit  
 for more information*

**Go to School- Start a Career**

# EMPLOYMENT

## Transitional Employment

Scott Desy	American Red Cross (ReceptionProtor)
Luke Knowles	Chartwells at WPI (Dining Attendant)
Peter Kachadoorian	Chartwells at WPI (Dining Attendant)
Judy Graves	Chartwells at WPI (Dishwasher)
Yoshio Okano	Chartwells Group Placement (Packer)
Jen Petrides	Chartwells Group Placement (Packer)
Gerry Mariano	Chartwells Group Placement (Packer)
Steve Ellis	Chartwells Group Placement (Packer)
Katrina Ericson	Department of Mental Health(Receptionist)
Kurt Wolfe	Department of Mental Health(Receptionist)
Josephine Nigro	Department Of Mental Health(Receptionist)
Donna Ellis	Department Of Mental Health(Receptionist)
Phil Parsneau	Mechanics Hall (Set-up Crew Member)
Jeremy Hill	Q. C. C. (Switchboard)
Paul Fontaine	Q. C. C. (Switchboard)
Peter Dixon	Q. C. C. (Dining Room Attendant)
Elliot Linz	UMass P. C. R. (Research Assistant)
Alan Lajoie	Umass P. C. R. (Research Assistant)
Jim Nelson	UMass Mail Room (Mail Sorting Delivery)
Paul Marescaletti	UMass Kitchen LRB (Dishwasher)
Karen Garret	UMass Kitchen LRB (Dishwasher)
OPEN	UMass Kitchen LRB (Dishwasher)
Cheri Clark	UMass Medical School (Housekeeper)
Lajuana Hobbs	UMass Medical School (Housekeeper) Mike
Rocheleau	UMass Mail Room (Mail Metering)
Lee Wells	UMass Mail Room (Mail Clerk)
Bob Dell'olio	UMass MailRoom(Mail Sorting Deli )
Jane Rudy	UMass Mailroom South St ( Mail Delivery)
Nadia Ackerman	Umass Mailroom South St (Mail Delivery)
Lee Hovsepian	Worcester Art Museum (Mail Clerk)
Open	Worcester Art Museum (Mail Clerk)

## Independent Employment

Steve Anderson	Walmart
Jonathan Anderson	Kohl's
Theresa Benck	Wendy's
Sean Bissonnette	Fallon Clinic
Wendy Burdett	U Mass Memorial
Bob Bureau	Assumption College
Rick Byrne	Nashoba Package Store
Laurie Calabrese	St Camillus
Paul Cavanaugh	Westboro State Hospital
Steve Colbert	Instrumentation Laboratory
Doug Cote	Kimco
Rob Derderian	AdCare
Tom Duesser	Screaming Sports.com
Dave Doane	WCHR
John Dumas	Allegience Security
Raechel Eisner	Worcester Telegram
Kari Ellison	Deveraux Center
Dante Folino	Chartwells
Jon Fronczek	U Mass Memorial
David Gendler	Victory Productions
Bill Grassette	Building Mgr/Agent
Kathy Harvey	St. Vincent Hospital
Denise Hast	ICCD
Rita Hawthorne	Notre Dame Cemetary
Jeff Hibbard	Walgreens
Chrystal Fair-Judson	The Bridge
Dave King	CVS
Samantha Krause	DCU
Rick Laguex	Worcester Art Museum
Rick Laramee	Self Employed Maintenance
Rudy Leistritz	Henry Lee Willis
Joanna Marchand	Petco
Joanna Marchand	Xcellerex
Mike McAullife	Worcester Art Museum
Jim McDonald	Umass Medical School
Kayla McGowen	Hillcrest Nursing Center
William McNamara	Bon Appetite
Yvonne Nguyen	Worcester Senior Center
Mike Olivo	Goodwill
Arlene Orozco	Dip'n'Donuts
Jose Ortiz	Energy/Production
Angel Pagan	Mechanics Hall
Victor Poirier	Price Rite
Mark Robie	Durham Bus Company
Scott Rocheford	FedEx
Edwin Rodriguez	UMass Memorial
Steve Satter	Home Heralth
Laura Saylor	Fallon Community Health Plan
Karen Scala	Miles End Fam
Maria Schoff	IGOMOGUL.com
Francis Segbifia	Price Chopper
Carl Sherer	Christie s Pizza
Eric Shaylor	Eddington Thread
Rebecca Smith	Massachusetts Audobon
Solomon Spencer	Commonweath Stationers
Bob Spiewak	St. Vincent Hospital
Janette Taylor	U Mass Memorial
Robyn Thayer	Dunkin Donuts
Rich Trainer	Price Rite
Pam Wells	Home Health Aid
Ziggy Wesolowski	Lusignan Security

## Supported Employment

Kate Barnett	DMH
Pat Colonna	DMH
Peg Blondin	DMH
Christine Marrier	DMH
Ed Sanborn	DMH
Dean Parsneau	DMH
Steve Pelletier	DMH
Jack Grillo	UMass Medical School
Charles Campbell	UMass Medical School
Peter Henderson	UMass Medical School
Karen Nelson	Trader Joe's
Andrew Delano	Trader Joe's
Kourken Daglian	Trader Joe's
Barry Boutelle	Nine Points Wood Working
Dan Legg	Pediatric Behavioral Health

## 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 – 8:00 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 600 members: vocational training, employment, housing, social activities, education, a wellness initiative, a young adult initiative, and peer support.

### **Genesis Club, Inc.**

274 Lincoln Street  
Worcester, MA 01605 USA  
Voice (508) 831-0100  
Fax (508) 753-1286  
TTY(508)438-0466

**E-mail: [training@genesisclub.org](mailto:training@genesisclub.org)**  
**Web Site: <http://www.genesisclub.org>**

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