

Genesis Club, Inc.

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Club Hours

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

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.

Genesis Alive January 2011

Mission Statement

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

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

Board of Directors

Officers: Walter Cunningham
President: Jeffrey Hall
 Charles Lidz, Ph.D. Jeffrey Geller, M.D.
Vice President: Joyce Greenberg
 Tom J. Pier Joseph Kraskouskas
Secretary: Paul Letourneau
 Karen Kennedy Thomas D. Manning
Treasurer: Thomas McCarthy, Sc.D.
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 Roger Trahan, Jr. Laura Blockel
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 John Casey
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Strange Travels of the Red Pen

A True Story

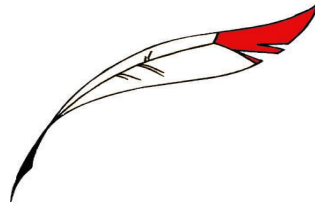
I don't know about your unit, but in my unit, we lose more pens than I have lost socks in the dryer. There is a mystery there. Other units have reported the same strange occurrence. Career Development even tapes plastic *spoons* to their *pens* so that they do not disappear or wander away. They call them 'spens'.

Anyway, I was curious as to what was going on. So I tried an experiment. I had a really unusual red pen, with a rubber grip (of course, I have no idea where I got it from). I put it on a desk in Housing and **deliberately** walked away from it.

Two days later, when I went to collect Housing Contact Logs from Ed Barnett in the Snack Shop, he had it in his hand. Somehow, it had migrated across the building and down a floor. Three days later, I saw it in Training and Development, just sitting on the table. Two days later, Kevin Bradley had it in his hand *in the snack shop!* A few days later, it was back in Training and Development.

Stand by for updates on it's whereabouts!

-Walter Cunningham



How I Quit Smoking

I smoked cigarettes for over thirty years. During the first few years that I smoked, for the most part, I enjoyed smoking. I always had the desire to quit. Then it became sort of a game in my head; every pack I bought would always be the last one. This went on for some time, until finally my

body and mind could not take the punishment I was giving myself for the minor enjoyment of a cigarette. So with a determined effort and after about six tries, I finally quit. Now I am virtually free of wanting to pick up a cigarette and smoke it. I have not smoked in nearly eight years.

Matthew Perrone

Supported Employment

Nadia Ackerman, UMass RTC
Kate Barnett, DMH
Peg Blondin, DMH
Chuck Campbell, UMass Mailroom
Pat Colonna, DMH
Doug Cote, Chartwells WPI
Kourken Daglian, Trader Joe's
Andrew Delano, Trader Joe's
Scott Desy, American Red Cross
Katrina Ericson, DMH
Jack Grillo, CMHSR
Peter Henderson, UMass House-keeping
Dan Legg, Pediatric Behavioral Health
Josephine Nigro, DMH
Karen Nelson, Trader Joe's
Jim McDonald, UMass Research
Steve Pelletier, DMH
Michael Rice, NEBS
Tim Stitis, Chartwells WSU
Danielle Valcourt, UMass RTC
Jennifer Whitney, UMass RTC

Independent Employment

Steve Anderson	Laura Blockel
Doug Blom	Robert Bureau
Richard Byrne	Steven Colbert
Patti Costa	Robert Derderian
Thomas Deusser	David Doane
Chad Dora	John Dumas
Rachel Eisner	Kari Ellison
Becca Fisher	Roland Gibson
Andrea Gilligan	William Grassetto
Linda Greska	Denise Hast
Rita Hawthorne	LuJuanna Hobbs
David King	Rick Lagueux
Rudolf Leistritz	Laurel Levine
Jay Mantha	Joanna Marchand
Mike McAuliffe	Will McNamara
Don Opoku	Phil Parsneau
Jamie Powell	Mark Robie
Scott Rocherford	Ed Sanborn
Steven Satter	Laura Lee Saylor
Karen Scala	Francis Segbefia
Eric Shaylor	Rebecca Smith
Robert Spiewak	Whitney Stockwell
Robyn Thayer	Claire Townsend
Debbie Ward	Pamela Wells
Ziggy Wesolowski	

EDUCATION

QCC

Cheri Clark
 Katherine Dedrick
 Chris Gazonas
 David Gendler
 Andrew Goodrich
 Lauren Hopper
 Derek Hunter
 Adam Kibbe
 Adam Monteith
 Christina Pattee
 Jane Rudy
 Maria Schoff
 Lee Wells



Training

Liz Swallow Sarah Lambert
 Peter Clark Will McNamara
 James Rodriguez Sue Baniukiewicz

GED/High School

Paula Johnson Liz Morgan

Baypath College

Laura Blockel

W.S.U.

Mike Duncan Chrissy Parissi

Lucas Ebbinghaus

Salter College

Danni Perrie Luis Walker

TRANSITIONAL EMPLOYMENT

American Red Cross	Noah Velton	UMass PCR	Mary Quill
Chartwells WPI	Ronnie Dale & Sammie Krause	UMass Mailroom Lake Ave	Paul Marescalchi Michelle Bullock
Chartwells WSU	Alex Clockadile & Keith Vaill		John Sinclair John Bridges
DMH	Stephen Herriage & Nora Johnson	UMass Housekeeping	Mike Rocheleau Lee Wells
Mechanic's Hall	Art Sneiderman	UMass Kitchen LRB	Frank Palacios LiLi Wang Matt Hinds
QCC Switchboard	Sarah Lambert & Lee Hovsepian	UMass Commonwealth Medicine	Jane Rudy
QCC Dining Room	Maryanne Brignola	UMass Mailroom South St	James Rodriguez
Saint Gobain	OPEN	Worcester Art Museum	Liz Swallow
UMass CHPR	Paul Fontaine		

Looking Forward

In the past, I usually got somewhat depressed during the holiday season. The end of one year and the beginning of another would lead me to do a self-inventory of my life situation; an inventory where I would come up wanting and inadequate.

However, since joining Genesis, I have looked forward to the beginning of the New Year with a sense of curiosity and hope, if not optimism. This is the second holiday season I will be spending as part of Genesis. I can honestly say I am in a much better position in my life at the end of 2010.

Looking back through the year, I marvel at where I am as opposed to where I was at the start of the year. I began the year living in a rest home on Burncoat Street. I was unhappy with my living situation, but I did not know how I could change it. In late March, Genesis told me about an opening in their apartment complex on 149 Belmont Street. I told Mark Buchanan, Genesis Housing Coordinator, I was interested in applying for it. I was able to move in during the middle of April. Since then I have done my best to be a model tenant.

I completed my first transitional employment position at Quinsigamond Community College in October and

almost immediately was told about a new TE position at the UMass facility on 333 South Street in Shrewsbury. The position called for someone with good computer and organizational skills. I told Ken Bisson, who had been one of my TE managers at QCC, that I was interested in the position and had a successful job interview. I started in the position on the first of December. I have been working at this position for only a few weeks, but I like the environment and the job promises to have a lot of variety to it.

While working at UMass on South Street, I attended part of a conference on a Financial Literacy program that Genesis is interested in starting. I found the conference very informative and it got me thinking about my own finances. Also at the conference, I spoke with Genesis housing staff member Kimberly Lincoln, who provided me with some information about reducing some of my debt. I plan to get a better hold of my finances for 2011.

I will not be able to join the Wellness Club at Assumption College in January due to a foot injury, but I hope to join Wellness sometime during the year. I am also still thinking about going back to college later in the year. I am looking forward to 2011 with a sense of wonder, curiosity, and hope, thanks again to Genesis! **-Paul Fontaine**

SEEKING HOUSING MEETING

Every Wednesday, at 1:30, the Housing Unit has an open meeting where members can apply for housing subsidies such as the Worcester Housing Authority. This meeting also assists members in using resources for finding new or better apartments, rooming houses, etc.

Along with providing applications, the unit also offers advice. Perhaps most important, Housing has also set aside file cabinet space so members can keep all their own paperwork

and notes in one place. As we have learned, the easy part of applying for housing is sending in the application; it is keeping track of it that is hard! The housing unit works with members and their own files to help keep things organized and on track!



Two Suggestions

Actually, **two suggestion boxes!** On the piano in the Dining Hall there are two suggestion boxes. One, shaped like a house, is for recipes and ideas for lunches and dinners. If you have any favorites or find a recipe you would like the Kitchen Unit to use, put it in the box!

There is also a second suggestion box for social trips in the same place. This box is shaped like a swift silver passenger van. Members and staff are invited to

drop in ideas for the Saturday social trips.

So, drop by and drop in suggestions!!



Mental Health and Mental Illness in the News

Dateline: The World

Australia: Mentally Ill becoming an Underclass in Australia

A recent study suggests that the mentally ill, already living on a low income and with considerable medication and health expenses, are in danger of becoming an economic and social 'underclass'. Tackling the problem of sufficient health care for people with limited means, and cutting down on smoking, which is an expense that contributes to poor health, is a target.

For the full story, go to: www.news-medical.net/news/20090722/mentally-ill

Africa: Kenya Basic Needs-Building a Better World with Mentally Ill People

.01% of the annual budget is spent on mental health care in Kenya. A new program, Basic Needs/Basic Rights, seek to work on a local grass roots level with traditional healers and community health volunteers. Training programs are available, and stabilized people with mental illness are encouraged to return to work or learn a new skill.

For the full story, go to: www.basicneeds.org/kenya/index.asp

Europe: Italy Anxious times for Italy's mobsters

These are anxious times for mobsters in Italy. Mental Illness is seen as a sign of unreliability and weakness. Studies are being conducted with imprisoned Mafioso to help psychiatrists understand and help the problems faced by gang members and their families.

For the full story, go to: www.nzhearlad.co.nz/mental-health/news/articles.cfm

South America: Brazil Brazilians transfixed by recent anorexia death

While the struggle for food has been a major problem in this large, class-defined country (rich and poor), the nation's fascination has been taken up with the anorexia related deaths of 4 young women in recent weeks.

For the full story, go to www.msnbc.msn.com/id/163706/ns/health-mental_health/

Everywhere: Holidays can be hard for those struggling with mental illness

NAMI and other groups are supporting individuals and their families during the holidays. The extra stress, family and social relationships and urge for perfection all complicate individual's lives who are prone to depression.

For the full story, go to: www.timesdaily.com/article/2010

Ideas to Achieve a more Vibrant and Urgent Afternoon

- News at noon more available.
- More unit updates in morning meeting and plan the afternoon before.
- Start another warm line.
- Prep for tomorrow at the end of the afternoon.
- Move some meetings to the morning time.
- 4pm Unit meeting: Wrap Up.
- Resume writing in the afternoon.
- More shopping in the afternoon.
- Reorganize afternoon meetings “Post Script”.
- Look at meeting schedule.
- More presentation from outside agencies.
- ESL class, Women/Men’s group.
- Announce what’s happening throughout the day.
- Rearrange unit board.
- Keep clubhouse clean throughout the day.
- Outreach in the afternoon.
- Weekend Crew – To finish things that didn’t get finished during the work week.
- Digital Bulletin Board to be moved to Lobby.
- Time in afternoon to help members with housing.
- Long term goals in each unit for work.
- Staff and member writing goal plan.
- Literacy and computer tutors

- More partnership over individual task completion.
- Focus on financial literacy with unit.
- Monthly schedule for each unit with deadlines.
- Developing current work for improved quality.
- Grant writing at unit level.
- Expand work of assisting members to move out of rest home/group home.
- Encourage people to try something new each day.
- Rotate the jobs – What you do each day.
- Take time in the afternoon to recognize member/unit responsibilities.
- Outside speakers in for certain topics.
- Hold some work for the afternoon.
- Have a dinner every night.
- Groups held in the afternoon.
- Cross unit work, transparency of work.
- Planning at the end of the day for the next day.
- Advertise weekend activities.
- More house visits – Outreach.
- More students back in the club.
- Food bank list.

There will be a committee meeting open to all members and staff on January 3rd at 1:30. Please join!

Hearty Vegetable Lasagna

- 1 (16 ounce) package lasagna noodles
- 1 pound fresh mushrooms, sliced
- 3/4 cup chopped green bell pepper
- 3/4 cup chopped onion
- 3 cloves garlic, minced
- 2 tablespoons vegetable oil
- 2 (26 ounce) jars pasta sauce
- 1 teaspoon dried basil
- 1 (15 ounce) container part-skim ricotta cheese
- 4 cups shredded mozzarella cheese
- 2 eggs
- 1/2 cup grated Parmesan cheese



Directions

Cook the lasagna noodles in a large pot of boiling water for 10 minutes, or until al dente. Rinse with cold water, and drain.

In a large saucepan, cook and stir mushrooms, green peppers, onion, and garlic in oil. Stir in pasta sauce and basil; bring to a boil. Reduce heat, and simmer 15 minutes.

Mix together ricotta, 2 cups mozzarella cheese, and eggs.

Preheat oven to 350 degrees F (175 degrees C). Spread 1 cup tomato sauce into the bottom of a greased 9x13 inch baking dish.

Layer 1/2 each, lasagna noodles, ricotta mix, sauce, and Parmesan cheese. Repeat layering, and top with remaining 2 cups mozzarella cheese.

Bake, uncovered, for 40 minutes. Let stand 15 minutes before serving.

Genesis Club Holiday Party

December 10, 2010



The Festivities that night were great, the food and Dancing. Everyone had a great time, even when the CD player wasn't working right for the music. Ginny stepped in and helped make the music for the dancing wonderful. The church was beautiful and very spacious for dancing. The dining area and the decorations were also very nice and beautiful. Everyone just had a blast that night especially Ginny who just made everyone get up and start dancing.

Andrea, Arianna, David (Membership Services)

WELLNESS GROUP at GENESIS CLUB BEGINS A NEW YEAR IN 2011



and an Olympic-sized swimming pool.

Interested in joining us? See the snack shop to join our Wellness Club. We meet on Mondays, Wednesdays, and Fridays at Assumption from 4:00 to 7:00 p.m. Shuttle service is available from the Clubhouse on Lincoln Street to Assumption College. Stay in good physical shape through **WELLNESS GROUP at GENESIS CLUB.**

This January 3rd, 2011, our Genesis Wellness Club members will begin again to exercise, for free, at Assumption College's gymnasium off of Salisbury Street in Worcester. Offering one of the largest gyms in Worcester, Assumption College has basketball courts, exercise equipment, racquetball courts,

-Paul Lewis



WELLNESS GROUP #16

- | | | |
|-------------------|---------------|----------------|
| Maryanne Birgnola | Dave King | Maryellen Rose |
| Wendy Burdett | Alan Lajoie | Eddie Sanborn |
| Patricia Essex | Paul Lewis | Laurie Sturm |
| Andrea Gilligan | Sean McCrann | Joi Kapulka |
| Stephen Herriage | Steve Nichols | John Gasperski |
| Karen Kennedy | Laura Perkins | |