

March 2010

**Important Note: Genesis Club will be smoke free the first Thursday of every month.**

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

# Genesis Alive

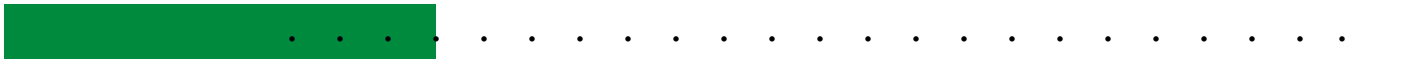
You will notice a change this month to Genesis Alive. Originally this publication was developed years ago as a way to keep information flowing throughout our busy and always evolving organization. We realize that the audience has grown over the years and so we have changed the focus of the newsletter to better fit our vision. We hope you enjoy the new format, and encourage you to also check out our new website at [www.genesisclub.org](http://www.genesisclub.org) for the most up to date articles, photos, events, our anthem, and the building dreams video.



## Employment/ Education Spotlight

Genesis Club is both proud of and grateful for the many businesses and colleges throughout Worcester that have embraced our goal of making employment and education available to people with severe mental illness. Through partnerships with some of our cities top employers and most prestigious colleges, we are able to offer support, and ultimately success, to our members in their career goals. Each month we will highlight one of these partnerships. This month our spotlight is on the **Worcester Art Museum**. It is one of the top rated museums in the country and has been a friend of Genesis Club for many years. James Welu, museum director, joins us for our annual art shows and his feedback is appreciated by our artists.

The museum works with our members providing both a security job and a fast-paced mailroom position. Mike McAulife, has been working with the Art Museum for over 10 years in security. The mailroom position is one of our transitional employment opportunities. This means the job is managed by Genesis Club. The employer is promised 100% coverage, either by the member that is currently in the position, or if the member cannot make it for any reason, a staff member. It is a wonderful first step back into work. Many of our members have transitioned through this position on to other jobs. Currently Lee Hovesepian, is working in the mailroom, and stated that the transition back to work was made easier because George, her Genesis staff placement manager, took so much time training her. He stayed until she was comfortable to work alone. Thank you to the Worcester Art Museum for all their years of support!



## Unit Showcase

To facilitate and organize our work Genesis Club is split into 7 distinct units. Every month each of our units will showcase something about their work.

### Membership Unit

Things have been very busy in Membership Services. Congratulations to Maryanne Brignola., Kurt Wolf, and Jane Rudy, who have all started new Transitional Employment (TE) placements. Maryanne is working at Quinsigamond Community College, as a dining room attendant. Kurt is working at the DMH Central Mass area office, as a receptionist. Jane is working at UMass Commonwealth Medicine, as a human resources special project assistant.

Andrea Gilligan. has been attending the

promoting healthy lifestyles meetings and has now joined the gym! “On my first visit I walked around the track 4 times, then sat in the sauna for 15 minutes, then did 2 laps in the pool. Before I end in May, at the gym, my goal is to lose 50lbs (or more) and to benefit from it as best I can.”

In January 2010, membership services had processed 37 referrals, 10 of those 37 being young adults. There were 14 members, including 6 young adults who completed orientation and became members of Genesis. In February, we processed 25 referrals, 5 of those being young adults who completed orientation.

Genesis community outreach has grown as well. We now visit individuals who are receiving services through the Community Crisis Stabilization Unit at Community Healthlink. Many people have expressed an interest in touring Genesis after meeting with us. We visit Community Healthlink Thursday’s at

1:30.

### Snack Shop and Maintenance Unit

In the Snack Shop, we expanded our menu offerings to include soup and sandwiches! We will be serving sandwiches on Monday, Wednesday, and Friday; on Tuesday and Thursday, there will be *soup de jour*, along with any sandwiches from the previous day. All are very popular, so come in and try out your taste buds. These items are available during the lunch hour, 12 PM – 1PM.

Lori Riley, former Career Development staff, returned to the club with a group of her fellow nursing students. They gifted us by painting the dining room and the second floor hallway. We are confident that they will be even more successful as RNs.

Speaking of being gifted, the Snack Shop can now boast of ownership of a fifty inch TV! Besides giving us a bigger vision of the news, it has also stimulated a fair amount of conversation. We are very grateful for the generous donation from former board member and constant friend of Genesis Club, Brian McWilliam.

On the maintenance side, a new standard has been raised for tool accountability. Many of the club tools are now sorted and stored in lockers in the basement. This system will continue to improve as time goes on.

The Snack Shop has been greatly enriched by the addition of several new members who have stepped in and regularly pick up the many tasks of the unit. Bruce, Gary, and John are strong unit members, along with Andy, Joe, and Adam. We would also like to welcome back Dave, a returning member who is making a strong commitment to the unit.

## What Do *You* Think?

Each month we will be polling our clubhouse on a topical subject and printing some of the answers. This month our question was:

What was your favorite Winter Olympic Event?

- I liked curling. I visited the Isle of Iron in Scotland – that is where they make the stones. *Karen Kennedy*
- I liked watching the downhill skiing. I used to downhill ski myself. *Bruce Wilson*
- I enjoyed the aerial jumps and flips. I really like watching them practice into pools of water and foam. *Bernie Frenette*
- I liked anything with Johnny Weir! He is fun. *Heidi Stolgitis*
- I like watching the Nordic combined freestyle and classic, so I can daydream that it is me skiing down those slopes. *Kevin Bradley.*
- Curling! I’m a big fan. *Edward Barnett*
- I like the ice skating, especially the men’s singles. *Liz Barkus*
- Snowboard cross was wild! *Steve Pelletier*
- It was amazing to see how the snowboarders could defy gravity and control their bodies. *Paula Goodenough*
- I love curling; in fact I am joining a curling club. *Lauren Baxter.*

## Career Development Unit

It's ten in the morning and you realize you are late for the morning meeting, as you enter you look at the white board and realize that if each daily section had a voice, it would be a deafening cacophony, so busy as to make you deaf to the sounds.

The career development unit is going through a time of intense focus, on how we interact with the Mass Rehabilitation Commission, both locally and state wide. These interactions are part of the life- blood of Genesis.

We attempt to refer as many of our members to Mass Rehab as we can. So if you are an active member of Genesis and need employment, and educational supports the Career Development unit is ever ready to help you gain those supports here at Genesis and through Mass Rehab. When we refer a member to Mass Rehab, they in turn help our members with funding for education and employment supports.

We have a growing member list in Career Development and are happy to welcome, Mike Roach, David Morison, Peter Clark, Doug Spencer, and Jonathon Pearson. So please extend a word of welcome to those new members.

## Business Unit

The Business Unit is continuing to move forward with both new and old procedures and responsibilities. Our new staff member, Kara, is settling in well to the unit. We would like to congratulate Donna Ellis., on acquiring the backup T.E. position at DMH, and also send a congrats to Steve Ellis, for successful completion of the Chartwells group placement. The Business Unit would like to welcome back Adam Kibbe., a returning member, who has been a great asset to our unit.

We are revamping the Genesis Alive, as you can see from this month's issue, and we are open to new suggestions, and article ideas. Please stop by the

Business Unit Wednesdays, at 1:30, for the Genesis Alive Meetings. We hope to create a newsletter that will shine in the community like the sunny days we expect by the end of March!

## Kitchen Unit

### **Cooking: A Recipe for Success!**

It's not uncommon for us to turn on the television today and see the kings and queens of cooking- Rachael Ray, Emeril Lagasse or one of the Iron Chef crew... and they are, bright and smiling, whipping up something that looks mouth-wateringly delicious. We sit there and watch, amazed at the finesse, the skill... all that mysterious unreachable yummy food! Sitting there in our homes, we discouragingly think it would require a crew of 10 and a Master's Degree in Physics for a "real" person (like most of us) to prepare such incredible edibles. OR would it? All you really need to know is how to read and follow the instruction on a recipe and Voila! You too can put some delectable delight on your table and 'wow' your family and friends.

There is no big mystery to following a recipe. A recipe provides you with a list of ingredients needed, the amount of each ingredient and the preparation instructions for the particular dish. Start with preparing something simple and work your way up to more difficult recipes.

Recently, the Genesis kitchen prepared a recipe for lunch called "Catalina Taco Salad." This recipe was submitted by a Genesis member at a recent menu planning meeting and received resoundingly good reviews from the Genesis Community. It is a tasty, quick and simple to make... give it a try!



## **Catalina Taco Salad Ingredients:**

- 1 ½ pounds of lean ground beef
- 3 Cups (12 ounces) shredded cheddar cheese
- 1 15 ounce can of pinto beans, rinsed and drained
- 2 medium tomatoes, chopped
- 1 large onion, chopped
- 1 bunch romaine lettuce, torn in bite sized pieces
- 1 package (12 ounce) corn chips
- 1 bottle of Catalina salad dressing

**Directions:** In a large skillet cook beef over a medium heat until no longer pink, then drain. Put in a large serving bowl. Add the cheese, beans, tomatoes, onions, romaine lettuce and corn chips. Drizzle with Catalina dressing and gently toss the salad to coat the ingredients.

Serves 12 people.



## Training & Development Unit

This is a great month for the Training Unit. We have a small break in our training schedule. Our next training is scheduled for the beginning of April, but that does not stop the work. The unit will be concentrating on streamlining our training preparations and brainstorming on ways to use our new video camera to jazz up our website. We also continue with colleague follow-up calls.

The unit will be developing a detailed description of what colleagues can expect from a post site visit as well as documentation for colleagues and Genesis staff and members to use following a visit.

This month we've checked in with Frontier House from Colorado and Mosaic House from Pennsylvania. Both clubs have made amazing progress in implementing the action plans they developed when they joined us for training last year. In addition to these follow up calls, we also have scheduled a post site visit for Fontenehuset i Oslo, in Norway. We look forward to a full report when Walter and Evan return from their trip at the end of March.

We have put in for two grants this month, and hope to be hearing from them before summer. The first went to Fallon OrNda, asking them to support our 'Promoting Healthy Lifestyles' program. The second was sent to Saint Gobain, and will help pay for a much needed upgrade to the heating system in our guest house.

## Housing Unit

This past month, we welcomed two new members into Supported Housing; Harold Oratokhai. and Li Li Wang. Eric Lewis. moved from Belmont Street to an apartment in Supported Housing. Beth Griffin. is taking classes at QCC.

Paul Marescachi continues with his Transitional job at UMass, it's great to see him when he comes by the Unit. Globally, Mark is heading out to Scotland to do an accreditation visit at Beccleuch Club, about 20 miles south of Glasgow, and Walt is headed out to Norway with Evan to do two post-site visits in Oslo. We expect postcards! Watch future newsletters for follow-up stories!!



## Genesis and Scotland

Genesis has had a long relationship with Scotland, there are seven clubs in Scotland and most have been to Genesis once or twice for training. In 1999, a team from Genesis attended the European Conference in Dunfermlin.

In 2002, Peter Travisano and Karen Kennedy went on a whirlwind tour of four Scottish Clubs with post site visits. In 2005, Kevin Bradley and Denise Hast completed post site training visits. This month, Mark Buchanan., Housing Coordinator, is going back to do an accreditation visit at Buccleuch Clubhouse in Stevenston. Buccleuch Club is located about 20 miles south of Glasgow. The Director, Pat McLoed, has been to Genesis Club twice.

Mark will spend five days doing the certification, plus a few days of vacation. The member partner working with Mark on this accreditation is Elon R. from the clubhouse in Stockholm, Sweden.



## *Interview with Evan Gerrard, International Training Coordinator*

**Q: How many colleagues did Genesis Club train last year?**

A: We trained 59 colleagues from 25 different clubhouses, throughout the United States, Canada, Europe and Australia.

**Q: Were any of them from foreign countries?**

A: Several! The most recent training group had a clubhouse from Denmark. Some of the other countries during the past year included Sweden, Norway, Finland, and England. But Brisbane, Australia (Stepping Stone Clubhouse) traveled the farthest to be a part of training this past June.

**Q: Is there a difference between the issues that foreign clubhouses bring to training, and the domestic clubhouses?**

A: The biggest difference between issues from international clubhouses and domestic clubhouses generally has to do with each countries government/political systems and how employment and education can be effected. Both international and domestic clubhouses bring great passion to supporting their members.

**Q: What keeps you busiest during training?**

A: The Training Unit is always busy and I am lucky to be with a clubhouse that has developed a smooth training program, having done 119 trainings to date. During times of training the busiest I feel is when the unit is trying to keep people to a schedule. The trying-to-appear-organized during these hectic times keeps me occupied.

**Q: What is your favorite part of being Training Coordinator?**

A: The sharing of wonderful experiences with members and staff of Genesis Club as we see clubhouses grow and strengthen. Being a part of a community built within Genesis Club with reaching hands that go around the world.

Our community outreach campaign continues to bring in outstanding feedback. We had a wonderful variety of local leaders and business people join us for our tours this month. You could feel the excitement throughout the clubhouse as Mayor Joseph O'Brien came through. We were also joined by:

## Building Dreams Campaign

- |                    |  |
|--------------------|--|
| Rhonda Berthiaume  | City of Worcester                          |
| Suzanne Staffieri  | City of Worcester                          |
| Bert Berthiaume    | Conway / Genesis Family Member             |
| Ben Dagget         | UMass Memorial Health Care                 |
| Jim Leary          | UMass Medical School                       |
| Marsha Ellison     | U Mass Medical School                      |
| Kathryn Sabella    | U Mass Medical School                      |
| Pastor Lee DeMatos | Indian Lake Community Church               |
| Theresa DeMatos    | Indian Lake Community Church               |
| Kara Grant         | Genesis Club                               |
| Julie Jacobson     | Assistant City Manager – City of Worcester |
| Eva Rose           | Genesis Club                               |
| Carrie Rice        | Worcester State College                    |
| Amanda Whitman     | Worcester State College                    |
| Sarah Williams     | UMass Medical School – Human Resources     |
| Heather Sadd       | UMass Medical School – Human Resources     |
| Sony Asmath        | Channel 13                                 |
| Crystal Newkirk    | Channel 13 and Fitchburg Community Radio   |
| Carl Hakkaranen    | Joseph's Project                           |

If you are interested in taking our Building Dreams tour, a tour designed specifically to showcase our clubhouse to the community, please let us know. The tours will be held on the following Wednesday's at 10 a.m and run for exactly one hour:

- March 17      April 21      May 12      May 26      June 16**

These tours are only a part of our community outreach. We are also getting involved with many events throughout the city. The Chamber of Commerce is hosting a breakfast on March 3<sup>rd</sup> at Holy Cross, which will be honoring Osterman Propane, a good friend of Genesis. Genesis Club will attend the North Worcester Business Association meeting on March 24<sup>th</sup> to network and listen to City Manager Michael O'Brien speak. Kate McEvoy from Fallon Community Health Plan has been working with us, giving us fantastic feedback on our community outreach campaign, her marketing background is invaluable.



# POETS!

**Submit Poems  
to the  
Business Unit**



Poems Needed  
For The  
Spring Edition  
Of The  
*Literary Magazine!*



# Dual Recovery Anonymous

**Come join Us For Extra Support...**

**SEEKING SANITY— TUESDAYS**  
**6:30PM ADCARE HOSPITAL**

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



Note: Transportation is provided from Genesis Club.

### Community Services

**DENTAL**

Great Brook Valley Health Ctr.  
(508) 852-1805

**Quinsigamond Comm. College**

Dental Hygiene Program  
(508) 854-4306

**Family Health Center**

(508) 860-7700

**MEALS**

Salvation Army  
640 Main St.  
Breakfast/Lunch

**EYE & EAR CARE**

Wesley United Methodist Church  
(508) 799-4191

**Gift of Sight**

(see our Genesis Club Advisor)

**FOOD PANTRIES**

**Friendly House**

(508) 755-4362

**Catholic Charities**

(508) 798-0191

**Centros Las Americas**

**MEDICAL**

St. Bernard's Free Medical  
228 Lincoln St.  
Walk-in Thurs. 6-8p.m.

**St. Vincent Ambulatory**

25 Winthrop St.  
(508) 363-6199

**EMERGENCY SHELTERS**

**Abbey's House**

(508) 756-5486

**Carol Schmidt Village**

(508) 757-5486

M-F 9:30-2 p.m.

(508) 798-1900

**Central MA Housing Alliance**

**Mustard Seed**  
93 Piedmont Street  
Dinner

**Salvation Army**  
(508) 757-2389

(508) 791-7265

**Friendly House**

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**Sun**

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**



**Sat**

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Mon



**March 2010**

 <p>7</p>	<p><i>1</i> 1:30 Job Development 3:00 Nutrition 3:00 Art Committee</p> <p><i>8</i> 1:30 Job Development 3:00 Nutrition 3:00 Art Committee</p>	<p><i>2</i> 4:00 Healthy Living 5:30 Employment Dinner 6:30 DRA @ Adcare</p> <p><i>9</i> 4:00 Healthy Living 6:30 DRA @ Adcare</p>	<p><i>3</i> 1:30 Genesis Alive 3:00 Club Ed/ Policy Meeting</p> <p><i>10</i> 1:30 Genesis Alive 3:00 Club Ed/ Policy Meeting</p>	<p><i>4</i> 2:00 Menu Planning 2:30 Social Planning 4:00 Program Meeting</p> <p><i>11</i> 2:00 Menu Planning 4:00 Program Meeting</p>	<p><i>5</i> 11:00 I.T. Committee 2:00 Wellness Meeting</p> <p><i>12</i> 11:00 I.T. Committee 2:00 Wellness Meeting</p>	<p><i>6</i> <i>Trip to Dudley Flea Market</i></p> <p><i>13</i> <i>Trip to China Town - Boston</i></p>
<p><i>14</i></p>	<p><i>15</i> 1:30 Job Development 3:00 Nutrition 3:00 Art Committee</p>	<p><i>16</i> 4:00 Healthy Living 5:30 Employment Dinner 6:30 DRA @ Adcare</p>	<p><i>17</i> 1:30 Genesis Alive 3:00 Club Ed/ Policy Meeting</p> 	<p><i>18</i> 2:00 Menu Planning 4:00 Program Meeting</p>	<p><i>19</i> 11:00 I.T. Committee 2:00 Wellness Meeting</p>	<p><i>20</i> <i>Trip to Old Sturbridge Village</i> <b>First Day of Spring</b></p>
<p><i>21</i></p>	<p><i>22</i> 1:30 Job Development 3:00 Nutrition 3:00 Art Committee</p>	<p><i>23</i> 4:00 Healthy Living 6:30 DRA @ Adcare</p>	<p><i>24</i> 1:30 Genesis Alive 3:00 Club Ed/ Policy Meeting</p>	<p><i>25</i> 2:00 Menu Planning 4:00 Program Meeting</p>	<p><i>26</i> 11:00 I.T. Committee 2:00 Wellness Meeting</p>	<p><i>27</i> <i>Trip to Plymouth-Herring Run</i></p>
<p><i>28</i></p>	<p><i>29</i> 1:30 Job Development 3:00 Nutrition 3:00 Art Committee</p>	<p><i>30</i> 4:00 Healthy Living 6:30 DRA @ Adcare</p>	<p><i>31</i> 1:30 Genesis Alive 3:00 Club Ed/ Policy Meeting</p>			

# **SAINT PATRICKS DAY PARADE!**

# Walk with Genesis Club

*Wear Your Green and Support Your Clubhouse!*



**SUNDAY, MARCH 14, 2010 12 PM**

**WE WILL MEET ON PARK AVENUE**

***SIGN UP IN THE SNACK SHOP***

## **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)

## **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

## 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

## EDUCATION

### QCC

*Liz Barkus*  
*Jennie Belfield*  
*Kitty Berthiaume*  
*John Briggs*  
*Michelle Bullock*  
*Chris Cattel*  
*Robert Conn*

### WSC

*Rich Byrne*  
*Dan Parker*

### Clark U

*Chris Noonan*

### Mt. Wachusett CC

*Jack Grillo*  
**Salter College**



### 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.

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

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**Web Site: [www.genesisclub.org](http://www.genesisclub.org)**

#### Board of Directors

#### **2010**

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Karen Kennedy

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