

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@genesiscub.org

www.genesiscub.org

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

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:

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

Genesis Alive March 2011

St. Patrick's Day Parade



Sunday, March 13, 2011 at 12 p.m.

Wear your Green and march with Genesis!

Inside this issue:	As I See It.....p.7
Experience as a Brand New Member...p. 2	Saturday Social.....p.7
All in the Day of a Secretary.....p.3	Road Race Kickoff..... p.8
Mental Health in the News.....p.4	Meg Hutchinson Concert.....p.8
Return to Show Biz.....p.5	We Made It.....p.9
Financial Management Training.....p.5	Education and T.E.....p.10
News from CDU.....p.6	Supported & Independent Employment.p.11

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 Club is an ICCD Accredited International Training Base

My Experience as a Brand New Member

After becoming a new member of the Genesis Club I can honestly say that my experience has been quite positive all around. The experience began with a tour of the seven units within Genesis. The tour took approximately thirty minutes and a summary was given of the individual unit goals.

The next step was to complete a three day orientation which took place from 9:00am to 2:00pm each day, concentrating with more detail on the unit's procedures, goals and achievements. These three days were quite inspirational for me. As I learned not only how the Genesis Club could contribute in my personal social rehabilitation, but even more importantly it showed me how I could help others in their rehabilitation process through the very established and effective system used by Genesis.

After my orientation was complete I was asked to choose a unit to work in and an advisor from the many staff members,

most of whom I met during the orientation process. My decision was to work in membership so that I would have the ability to speak at the hospitals to many others in need of the abundant aid which the Genesis Club offers.

Finally, I was directed back to the membership unit to have my photo taken which was instantly made into a laminated membership card. At this time, I was told that all members are considered lifetime members and whenever I had further social rehabilitation needs in my life that I would be welcomed back in to the club as "The Doors of The Genesis Club Swing Both Ways."

As a new member of the club I have already met many wonderful people who have been so inspired to give of their own lives, as members and also staff, by helping others in such an essential way. I highly recommend "The Genesis Experience" for anyone who may be in need of similar rehabilitation services.

-David Hirtle

March Saturday Social Trips

March 5th – In House

March 12th – Foxwoods

March 19th – Prudential Center

March 28th – JFK Library and Museum

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 Willam Grassette

Linda Greska Denise Hast

Rita Hawthorne LuJuanna Hobbs

David King Rick Lagueur

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 & Sami 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
QCC Switchboard	Sarah Lambert & Lee Hovsepian		Matt Hinds
QCC Dining Room	Maryanne Brignola	UMass Commonwealth Medicine	Jane Rudy
Saint Gobain	OPEN	UMass Mailroom South St	James Rodriguez
UMass CHPR	Paul Fontaine	Worcester Art Museum	Liz Swallow

All in the Day of a Secretary

9:00 a.m.- The phone rings. As I answer it I bump my morning coffee and it spills all over the Fiscal Budget Report, I just finished typing yesterday afternoon. The call is from the President of the Company, who asks me to inform the board that there will be an urgent meeting at 10:00 a.m. and I need to take the minutes for the meeting

I'm agreeing and trying to fan the coffee off the Budget and memo into the "IN" box, and make my way to the Board Room.

10:00 a.m. -The meeting is to inform us that we need to cut our budget. We will keep one secretary and the supervisor. The other two secretaries and manager must go.

Could the secretary- "that's me"- type up the minutes and the new office description and changes personnel for this afternoon.

"The Budget!" O boy, well it is not available the present moment. Finished but not available.

11:15 a.m.. - Meeting ends.

11:30 a.m. - Explanation to the President how the Budget could be finished yet not available.

12:00 p.m.- Lunch, which I spend re-typing the Budget.

12:30 p.m.- The Budget's half done. The phone rings. My car was hit in the parking lot. There is slight damage but I can drive it. We exchange insurance information and I'm back at work.

1:15 p.m.- I receive two more memos and a note to call home. So I pick up the phone, dial the number and get no answer. Of course this stays on my mind as I go back to my duties.

1:30 p.m.-My supervisor drops off two reference letters for me to type up and asks how lunch was, I smile as she walks by. More typing, more calls and an emergency phone list of doctors and businesses to type up.

2:00 p.m.- My coffee break, which consists of typing and another call home. Still no answer.

2:30 p.m. -The office manager comes in to clean out his desk. He somehow comes up with memos, letters, and referrals that he's been wanting to have me type up. I put these in my top drawer, because the "IN" file has no more room.

3:00 p.m. The Executive calls me into his office. Is the Budget ready? When will it be ready? Then he hands me a stack of typing he needs A. S .A .P.

3:30 p.m. - The typewriter key for the letter "E" starts sticking. I call to have it checked. Sure they say, bring it in and we'll have it ready in two days - if there are no major repairs Major repairs take a week to ten days, usually !!! I try not to panic and bring the typewriter to the shop.

4:45 p.m. - I return to the office to piles of memos and letters and no typewriter. Coffee on the Budget and no lunch in my stomach, as I wonder what I was supposed to call home for. While I'm standing in front of my desk my supervisor prepares to leave her office -" Have a good weekend" - she says, as she walks out.

OH THAT'S RIGHT- THANK GOD IT'S FRIDAY !

-Ed Sanborn

M MENTAL HEALTH/MENTAL ILLNESS IN THE NEWS

Dateline: The World - March, 2011

Canada: Mental health patients dying young.

Affordable housing advocate Linda Chamberlain is convinced that people with mental illness are dying from diabetes and diabetic related heart attack, in part because of weight gain due to meds, in part due to improper nutrition

For the full story, go to: www.thestar.com/living/article/931141

Massachusetts: Murder in Revere group home shows need for criminal checks.

A resident at a group home in Revere with a violent past killed a councilor at the 5 person group home where he lived and she worked. The company that manages the home does not do CORI or background checks on prospective residents.

www.boston.com/bostonglobe/editorial_opinion/editorials/articles/2011

Uganda: Uganda Health News: Mental Illness on Increase in Uganda.

Minister of Health asks that people, especially youth, 'reduce on the use of drugs, alcohol in order to avoid contracting mental illness'. Mental illness can result from stress from

unemployment, domestic violence, loneliness, and substance abuse.

www.ugpolse.com/articles/daily/news.asp?about

Qatar: Mental health cases on the rise: Expert.

Half the population of Qatar believes that mental illness 'could be a punishment from the Almighty', and only a third of the population believe a mentally ill person can hold a job. The results of the survey show that an great effort is needed to overcome stigma.

For the full story, go to: www.qatar-tribune.com/data/20101012/content

Australia: mental illness can bring a massive pay cut.

People with mental illness were found to have much less capital, investments, or property. Many people, retiring early due to 'debilitating mental health issues, had fewer assets than those who were able to stay in the work force.

For the full story, go to: <http://news.smh.com.au/breaking-news-national/mental-illness>

We made it gals and guys. We're still here most of us hopefully all of us-unhurt, unscathed-overweight-most assuredly-but intact.

Gone are the Ho Ho Ho's. Put away is the wreath, all the tinsel/ silver and gold decorations, as the song goes. It being the middle of January not much. red and green ribbons are to be seen. There will be no more caroling on the radio or otherwise for at least another 11 months.

Santa, you fat so and so and good rid-dance. Don't let your big butt get hit on the way out.

My Aunt in Boston has the unusual tradition on December 26th. She takes all the ornaments off her xmas tree. She then opens her living room window and throws out the dead pine. She is 81. She lives on the second floor. I love to be there for **that** xmas tradition. It adds something some sense of balance or unbalance and mirth.

So now gals and guys.

Lets brush ourselves off. Turn in our winning Holiday Scratch tickets, use all our gift cards from Target (I got one of those), Walmart and any other we might have found under the tree or in our stocking. Make a sensible resolution to shed at least 4 pounds off of fudge and Swedish cookies per month for the next six months minimum. So that we can once again fit into our clothes without having to jump ourselves into blue jeans, lie flat backed on the bed or be able to pull the zipper up and make buttoning our shirt and blouses a can do chore ,instead of hid-

ing the two unbuttoned ones under a seasonal sweater.

It wasn't all that bad-the much quivered about feared holiday season - I made it away from my country where we even have a Marathon Guadalupe/ Kings - we call in Saints on Dec. 11 Eve. Our Lady of Guadalupe patron saint of all Mexicoex-and finally comes to an end Jan the 6 feats of the 3 kings them guys with the gold/ mir and what the hell is frankincense is we celebrate it with eating sweet bread.

So will I make it and in no small part thanks to genesis-vlub and members-Em and her man Janiel-goodies-Paul and with his impromptu invitation to his nieces' home xmas eve-when he heard-xmass-me-that thius eve gonna be my first year away from home-the great meal on xmas day-all one could eat-all that yummy stuff-too. And Tony and company, en famille-to help in a family's way to the day's celebration AND CHORES-

So as I've said-repeatedly-we made it, it's all done, no need to be sad-no need to be mad what the heck let's be naughty or nice which was we please. St. Valentine's is this month and that's all pink and ruffles and lace.

All about lovin' and kissin' which can't be all that bad-

Let's just lay off the Russell Stovers and it will just be dandy. Have ourselves a much needed pat on the back -and enjoy, enjoy the new year.

-James Rodriguez

Good Luck Team Genesis!



Sunday, March 13th at
11:00

Team Genesis will be
kicking off its racing
season!



Return to Show Biz

In 1965, because of a "DARE" I auditioned for the musical *South Pacific*. Much to my surprise, I was cast in the part of Joe Cable, the young male lead. After I did a string (of) musicals which included *Carousel*, *Oklahoma!*, *Gypsy*, *Hair*, *The Unsinkable Molly Brown*, *Oliver*, *Funny Girl*, and *Anything Goes*. Each show provided me with some insights into the lives of others as portrayed into these shows.

That was the beginning of my directing. I then went on to do *You're A Good Man, Charlie Brown*, *She Loves Me*, *Jacques Brel is Alive and Well* and *Living in Paris*, *Equus*, *Normand, is That You*, *Jesus Christ Superstar*, *Pippin*, and *Barefoot in the Park* and so on.

Eventually I worked up the courage to try my hand at directing. So I went to New York with a friend to see *Godspell*. I thought of it and I said it could have been better. So that was my goal, to make it brighter and more energetic.

In 1989, because I was opening a new salon in Grafton, I decided to lay off doing shows for a while.

Now twenty years later, I am back doing theater. As a matter of fact, I am currently appearing in *Inherit the Wind* and in rehearsal for *Man of La Mancha* with the Worcester County Light opera.

-Paul Letourneau

Financial Management Training

Do you tend to spend more than your income?

Is your debt starting to pile up?

Do you wish you could save more?

If any of the above statements apply to you and you're dedicated to improving your financial well being, starting March 2nd from 4 o 6 pm for the next 6 weeks attend weekly practical sessions to learn how to make the most of your money! See Kimberly or Evan for more information!

MEG HUTCHINSON
www.meghutchinson.com accompanied by Jim Henry

GENESIS CLUB SPRING BENEFIT CONCERT

Presented by:
 THE FAY FAMILY
 fallon community health plan
 Fidelity Bank
HELPING YOU GET WHERE YOU WANT TO BE

Thursday, April 14, 2011 7pm \$15

FIDDLER'S GREEN PUB
19 TEMPLE ST. WORCESTER, MA 01604

THANK YOU TO OUR SPONSORS:

 O'CONNOR'S RESTAURANT & BAR
 JR CASEY COUNSELING & HYPNOSIS
 MCDONALD Worcester Hibernian Cultural Centre
 LINN ENERGY
 AIR CONDITIONING

TICKETS AVAILABLE AT
GENESIS CLUB OR AT
WWW.GENESISCLUB.ORG

News from the Career Development Unit

Education

- Congratulations to Lucas Ebbinghaus for graduating from Worcester State University in January!
- Congratulations to James Rodriguez for completing his computer class through the Easter Seals.
- The Career Development Unit will be meeting with the new Disability Services Director at Worcester State University this month. We're hoping to establish a rapport with that office like we have with QCC.
- Congratulations to James Rodriguez on his TE at UMASS South Street. James is working in the mailroom.
- Congratulations to John Gasperski. He is starting the new supported job at Saint Gobain working in the guard shack.
- Congratulations to Sally Lockwood on starting her first TE at Chartwells at WPI in the dining room.
- Congratulations to Sean McCrann on his first TE at the UMASS mailroom.
- Congratulations to Stephen Herriage on his first TE at the Department of Mental Health in Reception.
- Congratulation to Matt Hinds at his new TE at the LRB Café at UMASS.

Employment

- Congratulations to Kris Sheridan in the Training and Development Unit. He's starting the new Transitional Employment Placement at Saint Gobain. Chris will be doing data entry in the security office.
- **Young Adults**
 - Genesis Club is starting an employment forum for Young Adults to help them learn the skills to attain employment.

Employment Dinner

March 2011

March 1st – Chicken Stroganoff with Salad and

Dinner Rolls

March 15th – Guest Speaker– Lucas Ebbinghaus

Yankee Pot Roast with Salad and Dessert

As I See It

Maybe it's just me, but I think there has been a marked decline in courtesy and manners since I was younger. I can remember when I was young that people waiting to take the bus would patiently wait until passengers got off the bus before they got on. Not so anymore. I see more and more WRTA bus drivers telling passengers outside the bus to wait until the passengers inside the bus have gotten off. I've been guilty of rushing onto the bus without waiting a few times myself.

As I write this, I will be going in for foot surgery on February 23rd. I am somewhat apprehensive about it. I have been troubled by an ulcer on the bottom of my foot for several months. All previous attempts to heal it have failed. My podiatrist is plan-

ning to remove part of a bone in my foot that is putting pressure on the ulcer. I'm going to do my best to be good patient and keep off my feet for two weeks. As this article gets printed, I will be still recuperating. I sincerely hope to take part in the Genesis wellness program in June.

I am waiting to see the final results of the Massachusetts state budget. It is my understanding been told that the clubhouses will be taking a three million dollar cut in funding. While I am concerned about how the cuts will impact Genesis, I am hopeful that Genesis will be able to adapt and make do. Kevin Bradley is to be commended for his leadership. Genesis always seems to make do with what they have and stretch every dollar they receive as far as they can.

-Paul Fontaine



Dual Recovery Anonymous

DRA Offers Support And Assistance To Individuals Who Have A Dual Illness

Thursdays From 6:30 to 7:30pm at AdCare

Come Join Us!