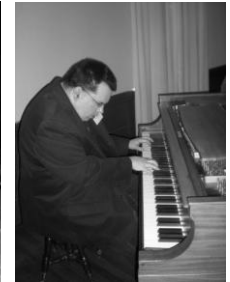


# Genesis Club, Inc.

274 Lincoln St. Worcester, MA 01605  
www.genesisclub.org (508) 831-0100

*A Step Forward for  
Anyone with Mental Illness*



## *Inside this Edition*

*Member Spotlight*

*Foundation Highlight*

*Employer of the Year*

*Long Term Sustainable  
Funding*

*Art Show  
"Creativity Unleashed"*

*Falmouth Road Race*

## *Jim Nelson, Genesis Member*

I started working at an envelope company when I was twenty and for the next twenty years I went from an entry level position of operator to an adjuster, actually working on the machinery. I was what they call a 'functioning' alcoholic. I self medicated through my symptoms of depression, hypomania, and anxiety by drinking heavily. Throughout the years my mother was my inspiration.

She couldn't work, due to liver cancer, and helping her kept me strong. She kept me from drinking myself to death. My mother passed away while I was in my thirties. I lost myself. My alcoholism intensified. I started missing work and lost interest in everything. I lived to drink, and eventually didn't want to live at all. I lost my job and for eight months I drank 24 hours a day. My depression kept me from searching for work, so money ran out. I was evicted from my apartment. I was now homeless.



*Jim Nelson and Judy Graves  
working in the snack shop.*

I wound up at the PIP shelter and spent the next two years in and out of sober programs. Some were good, some weren't so good. While I was staying at the Green House, my therapist talked about Genesis Club. At first, I was reluctant because I didn't think they could help me. Then again, I realized that just hanging around the sober house was not going to get me anywhere either, so I gave Genesis Club a shot. *[Continued on page two]*

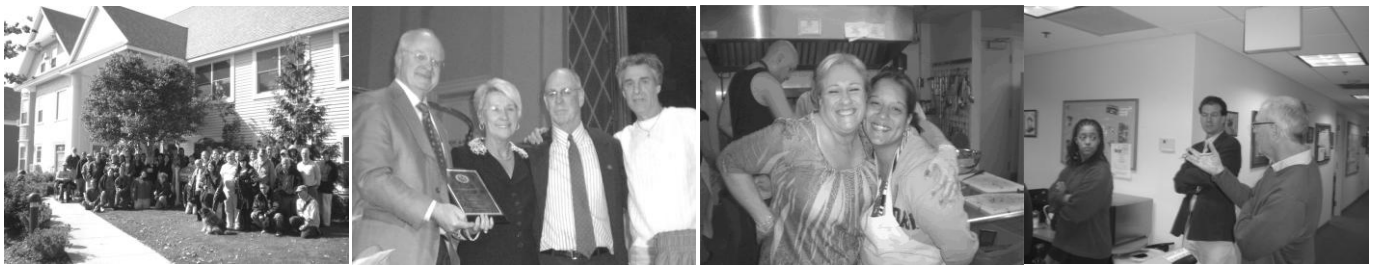
## *Jim Nelson Member Spotlight continued...*

After orientation, actually before it was even over, I was feeling comfortable. I was feeling useful and I wanted to come back. I realized that Genesis Club *could* help me. I came every day, rain or shine...walking the 3 miles to the club and back each day. At the end of the day I felt good, I felt I had accomplished something.

While working in the Snack Shop I heard about the club's Transitional Employment program. I talked to my advisor and he helped me apply for the mailroom position at UMass. He went with me to the interview, helped me with all the paperwork, gave me advice and generally helped me through the whole process. It was the first time I had worked in two years. It made me feel useful again.

When I had worked for a few months, I asked about getting my own apartment. After two years in sober housing, I felt I was ready to start my life again with a clean slate. My Advisor, the Program Director, and the Executive Director all helped get me into my new apartment on Belmont Street. I am so grateful that they believe in me. I honestly don't know how to thank them.

Now I am working, have my own apartment and I have my dignity again. I look forward to my future. Without the help of Genesis Club, I don't think I could have got to this point. I want to thank the Genesis Club from the bottom of my heart.



## *American Red Cross of Central Massachusetts honored as Employer of the Year*



*From left to right: Rep. Jim O'Day, Kevin Bradley, Scott Desy, Lisa Piehler, Tony Sanders, Melinda Napolitano, Dave Rocheleau*

The Massachusetts Clubhouse Coalition held an annual presentation and award ceremony in the Massachusetts State House, Great Hall on March 25th. This year Genesis Club announced the American Red Cross of Central Massachusetts as the Employer of the Year for 2010. We salute them for providing employment opportunities to Massachusetts citizens recovering from mental illness.

The Red Cross has provided an important transitional employment position to our members; *Receptionist and Test Proctor*. This job is an important role in their agency and Genesis Members take great pride in the position. Five Genesis Members over the course of almost four years have held this position. Employment is a guaranteed *right of membership* and is a core value at Genesis Club. We see meaningful work and personal career development as central to member recovery.

## Long Term Sustainable Funding

*What does Long Term Sustainable Funding mean in my life? by Heidi Stolgitis*

Is this an odd question for someone receiving mental health services to be asking themselves? Not in clubhouses. You've probably heard it said that members are involved in every aspect of the clubhouse. That is no exaggeration. It has to be this way, because each person who walks through the clubhouse doors has a different background, different skills. Mental illness does not discriminate. A person's age, race, social or economic standing, gender or intelligence do not matter. It hits who it hits.

It hit me hard. It has hit me hard many times throughout my life. In between, with a little college, a little natural talent and a lot of life lessons, I was able to build a career in management. If you attended our first annual fundraiser at Mechanics Hall you heard my story.

When I walked through the doors of Genesis Club, I had heard the hype; staff and members do everything side by side. I expected to do a little filing, maybe some typing. After multiple hospitalizations and other outpatient programs, I had come to expect very little of the programs, and of myself.

### Donations

*"If I need support,  
Genesis Club will  
be here for me,  
always..."*



- Annual Appeal 13%
- Memorials 1%
- Falmouth Road Race 22%
- Multiple Year Pledges 29%
- Building Dreams 35%

*Building Dreams  
Breakfast  
October 28, 2010  
8am Mechanics Hall*

At Genesis Club I found myself listening to them talk about the best way to achieve long term sustainable funding for the clubhouse. It was going to take a lot of work. It would take planning, marketing, communication skills, organization, and development. It would take working with the Board of Directors, the clubhouse community, the media, politicians, and community leaders. My mind started to wake-up. I knew this stuff; this is the kind of stuff I was good at! I spoke up a little bit, not much at first. I asked a few questions. I got answers, real answers. When I felt brave enough to voice an opinion, it was taken seriously. I'm not sure when the transition happened, but suddenly it wasn't 'a' clubhouse, it was 'my' clubhouse.

Then the economic down turn hit us all. Long term funding was no longer a lofty goal, but a financial necessity. Our budget was getting cut, we lost some foundation grants, and donations threatened to wane. The very stability of our community was in question. It was only then that I was struck with the importance of what Genesis Club is to people with mental illness. *Genesis Club is our rock, our anchor. It is a place of stability, understanding and support. It is important to know it will be here next year, and the year after that.* It is important to know that even after I have recovered and moved on, Genesis Club will be here to lift up the next person feeling beaten down and defeated. If this community were to be lost due to financial hardship so many people would be harmed; the members who depend on Genesis Club for support with their housing, their employment, their education, their general health. Yes, we got our funding back, and between some generous grants and dedicated friends of Genesis Club, our doors are still open and we are still welcoming new members. For this year we are fine. Next year we will have to scramble for funding all over again. It adds a bit of instability to an otherwise very stable organization.

The chart above shows the breakdown of our donations. Our goal is to increase our multiple year pledges. Don't get me wrong, I am grateful for the people who have given this year. Without them, I would not be able to be writing this right now. However, the people who step up and not only send us a check for this year, but pledge to donate for the next 5 years, those are my heroes. They give me the courage to go back out there and try again, because I know if I fail, if I run into problems, if I need support, Genesis Club will be here for me. Always. That is what Long Term Sustainable Funding means in my life.

## *The People's United Community Foundation awards \$15,000 to Genesis Club.*

"We are proud to support the Genesis Club House Inc.," said Timothy P. Crimmins, Jr., Officer of the People's United Community Foundation and President of Flagship Bank, a division of People's United Bank.

We will use People's United Community Foundation funds to develop career-oriented opportunities for Genesis members. This grant will enable us to develop the next phase of the career employment program, which supports members in their long term employment goals. We are thrilled to partner with the People's United Community Foundation for this extremely important community program for those in recovery from mental illness.



*From left to right: Jason Faber, Laura Perkins, Arianna Malick, Lynn Cantell, Timothy Crimmins Jr., Kevin Bradley*

Established in 2007, People's United Community Foundation was formed to help support programs and activities that enhance the quality of life for citizens in the communities that People's United Bank serves. With special emphasis on programs designed to promote economic self-sufficiency, education and improved conditions for low-income families and neighborhoods, the funding priorities of the Foundation include: community development, youth development, and affordable housing.

### ***Genesis Club Events – RSVP or Questions: Call (508) 831-0100 ext 30***

#### ***Creativity Unleashed***

##### ***Opening Reception***

*July 1<sup>st</sup>, 2010 - 5:30 to 8:00 p.m.*

*Art, Music, Hors d'oeuvres*

Arts Worcester Aurora Gallery  
660 Main Street Worcester, MA  
**July 1<sup>st</sup> through July 24<sup>th</sup>, 2010**

The Genesis Club Art committee has been working hard preparing for our very first Gallery exhibition. Over 65 pieces by Genesis Club Artists will be on display and for sale.

#### ***Building Dreams Tours***

**PLEASE JOIN US!**

Tours of Genesis Club:

***Wed. May26, 2010 10am***

***Wed. June 16, 2010 10am***

***Wed. July 7, 2010 10am***

***Wed. July 21, 2010 10am***

These tours are one hour, include great member stories and a tour of Genesis Club.

Everyone is welcome.



#### ***Falmouth Road Race***

**Aug. 15, 2010**

##### ***"Making Strides for Mental Health"***

Twenty-five members of Team Genesis will run in the 38th Falmouth Road Race on August 15th 2010. Every dollar raised will support the Genesis Wellness Project of exercise, nutrition and tobacco cessation. This Project has developed outstanding results that are helping to reduce the high mortality rate of those with mental illness.

**Interested in running with us?  
Email [kbradley@genesisclub.org](mailto:kbradley@genesisclub.org)**

#### ***Building Dreams Breakfast***

**SAVE THE DATE!**

Genesis Club Annual Breakfast

***Thursday October 28, 2010 8am***

Mechanics Hall – Washburn Hall  
321 Main Street Worcester, MA

No Cost to Attend

Interesting in reserving a table, attending or sponsoring this event, please email [jdillon@genesisclub.org](mailto:jdillon@genesisclub.org)