



A Place to Grow

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The Genesis Journal

Volume 16, Issue 2

March/April 2009

RAISING THE BAR FOR 2009 by Lynn Wertman

The Genesis House Goal Planning Retreat was held 2/17/09 at the Howell Nature Center. We spent the morning reviewing the accomplishments and goals that each unit came up with in their goal planning. We posted them on the board and reviewed each of them in an open discussion. We identified a grand total 32 accomplishments for 2008, and a grand total of 22 unit goals planned for in 2009!

After the unit reviews, we did a S.W.O.T. analysis which included listing our Strengths, Weaknesses, Opportunities, and Threats. It was a great discussion. Then we concluded by reviewing the eight recommendations from our final certification report from the ICCD. This thorough review of where we are at, enabled us to move into the ultimate purpose of the day which was goal planning. We spent the remainder of the day coming to consensus on the following ten goals areas:

1. Increase Clubhouse membership
2. Increase in-person reach out
3. Increase member leadership and ownership
4. Increase House Meeting involvement
5. Increase consistency of unit involvement
6. Increase emphasis and awareness of individual GH goals

7. Increase Supported Education Opportunities
8. Increase Community Presentations on mental health and Clubhouse
9. Utilize space to foster a productive environment
10. Explore reorganizations of units

We are forming committees to address each goal area. These committees are open to all members and staff and will require an all out effort to accomplish. The committees are breaking down the details of each goal and putting a plan together to make 2009 another successful year at Genesis House!



Claudia speaks at the goal planning retreat.

Director's Note by Lee Kellogg

In Clubhouse the saying, "work smarter, not harder" falls short. Instead we need to be saying "work smarter and harder." As we become better collectively at doing Clubhouse an interesting thing happens. We realize how much more we can and should be doing. Every time we get rid of tasks that don't benefit the clubhouse there is a mountain of new tasks in the wings. Hitting our full potential is an elusive target.

Thankfully this does not overwhelm us. Quite the contrary, we become energized to come up with new and more challenging work. This happens in part because when we stop and reflect on our positive results, we realize that the better we do as a program, the better we do as individuals. The reverse is true as well. By increasing our individual potential we increase our collective potential. Recognizing that our "work" is increasing human potential is both humbling and exhilarating. Because of this awesome responsibility, we need to be hyper-vigilant in continuous quality improvement. In short,

we must work smarter and harder.

Towards that end, GH spends considerable time planning and implementing ways to improve. Some recent examples include: Unit goal planning which took place in January, entire Club goal planning (See Lynn's article) took place in February and an assessment of our Clubhouse by our peers took place March 10th.

The assessment took place because we volunteered to be a training site for a new assessment tool that is being piloted by the Department of Community Health (DCH). In an effort to improve the performance of all Michigan Clubhouse's, DCH contracted with MSU to create the tool that they used at GH. Our esteemed colleagues from Club Cadillac and Dreams Unlimited and two MSU researchers spent the day assessing how we do Clubhouse. They provided excellent feedback during their visit and we look forward to receiving the final written report soon. We will use this feedback to work smarter.

Employment Update by Mike Leahy

There is lots of news to share about employment happenings at Genesis House, and from an overall perspective, things continue to go quite well.

Up until recently, we have been lucky enough to be exempted from problems due to Michigan's slow economy. Unfortunately, this is no longer true as we have lost one of our seven positions.

In the fall of 2008, we were fortunate enough to expand our placements at Asahi Kasei Plastics here in Fowlerville. Much of their business is related to the automotive industry, so business has been more difficult lately. All of the employees have had to make sacrifices, and they are scaling back

across the board. They asked us if we could go back to the original agreement of one placement, and we agreed that this made sense. We know that most other employers would have cut the program entirely in their situation, and we are once again appreciative that we are connected to such a considerate group of people. By allowing us to keep one position, we continue to have an opportunity to help members learn and grow towards independence.

On another note, we enjoyed presenting at the Michigan clubhouse conference recently on integrating employment into the clubhouse. We drew connections between the employment program and how it

helps us to focus on additional unit work. We rely on members working in units to help support members who are working in the community. Tom Roediger and Bea Eldridge presented with Lee and I, and we felt that we had a great audience with lots of thoughtful questions. We enjoy spreading the good word of Clubhouse Employment.

Most of our TE's will transition in the next few months, so be sure to let a placement manager know if you are interested in one of these opportunities. See the TE board or ask a member on our unit if you would like more information.

We came up with some year-end statistics that we would like to share with our readers. Special thanks to all of the hard-working members who made these numbers possible.

2008 Yearly Totals and Averages for Clubhouse Employment

Yearly Averages and Percents

Average Number of Working Members	16.8
Average including work and school	23.5
Percent Working	34.0%
Average Percent for Q1	43.8%
Percent of members w/ work as a goal	62.5%
Average Percent working/ work as a goal	54.5%

Yearly Totals

Total Working Hours	10,320
Total Amount Earned on TE	\$37,358.39
Total Amount Earned by all m	\$89,253.19

Yearly Average: ICCD Requirements

	Number	Percent
Average Daily Attendance	20.5	
TE Positions	5.4	26.4%
SE and IE, unduplicated	12.0	58.5%
Within 12 months	3.0	14.6%
15 or more hours	0.4	2.0%

Percent TE should be at or above 25%
 Percent SE and IE should be above 25%
 Percent of those within 12 months should be 12.5%
 Percent of those with 15+ hours should be 6.25%

Education Presentation By Charles

On February 4, 2009, Mike, Lee, and Charles went to Cleary College to learn more about what our local educational institutions are offering and to explore ways for Genesis House to increase supports to members in reaching their educational goals. Currently we have an educational club that meets regularly every two weeks. There is also Individual Educational Assistance that is available daily.

Various representatives from local colleges that have a presence in Livingston County were present. They were **Cleary University, Eastern Michigan University, Lansing Community College, Livingston Educational Service Agency, and Washtenaw Community College.** Each guest was welcoming and was interested in what we had to say. Presentations were given on how Gene-

sis House helps members complete their individual educational goals. Connections were made. A possibility in the future was to use the space at one of the previously mentioned colleges to give an educational tour or to have an education club meeting at one of the local colleges.

In all, everyone was attentive. Genesis House has helped the representatives from higher educational institutions to understand that mental illness can affect anyone at any given age. Minds were changed as a result.



Additional Education Club Info:

On Wednesday, February 25, **Karen O'Connor** from **MRS** came to Genesis to tell us about how **MRS** can help pay for college for members. Certain criteria has to be met, but most members who are serious about school would meet the criteria. It was great to learn that **money does not have to be a barrier for education.** For more information, make an appointment with the EAU for individual education assistance at 2:30 daily.

The New Group Orientation Process

By Claudia Gillenwater and Mike Leahy

Orientation at Genesis house is going through a change. We started the new process in January 2009, to bring in even more members.

We've seen that the new orientation is easier for prospective members to follow, makes them more comfortable, and helps us to be more thorough.

The orientation takes four days to complete; of course, since this is voluntary, these days can be spread out. Before their first visit we mail a letter describing what the first visit is like, along with a brochure and a list of

members' quotes describing how Genesis House has been helpful.

One of our major changes to this process is that we have small groups of prospective members for their first day.

On the first visit, the person tours the clubhouse, meets for a orientation overview, gets a free lunch, and schedules their next visit. The orientation overview is a slide show that goes over the basics of the work ordered day, standards, relationships, employment, social activities, and then we tell our story about how the clubhouse has improved our life.

Then, on their second, third, and fourth visit the main idea is to spend the day

working on each unit. We orient them by reviewing clubhouse philosophy and literature. After the four days, a member chooses a unit and sets up their goals.

We've asked potential members, and they said they liked the new process, and it helps them to understand the clubhouse. We are very hopeful that this will increase our membership and will bring in some bright new faces.

The next group orientation will Be March 31, 2009. If you're interested in checking out Genesis House please give us a call at (517) 223-1393.

Members in the News by the Clerical Unit

Claudia Gillenwater:

My Trip to Florida

On January 19th I went to Florida for a vacation. I had never been there. It was my first time seeing the ocean, palm trees, and Florida itself. It was fun and exciting. I went around the Cape Canaveral, went to the penny arcades, and viewed the ocean. The food was really delicious, I especially liked the shrimp. I would like to go back next winter to see more and to enjoy the warm weather!

Victoria Clark – Recently returned from Mexico where she visited her family. She said she had a great time, and we're glad to see her back.

Dave Shoberg – Recently received a silver medal in snow shoeing at the Special Olympics Winter Games.

Jason Brunner – Bought a sleeping bag and tent in anticipation of camp next summer. We're all looking forward to it.

Allison – Was accepted into the MSW program at U of M. Congratulations!!

Birthdays -
 Anne G. 3/20.
 Bill My. 4/1 Joe S. 4/1
 Natalie P. 4/9 Cindy Z. 4/13
 Shirley T. 4/18 Frank B. 4/23
 Claudia G. 4/23



*Down By The Sea:
 Claudia poses by the beach in
 Coco Beach*

Genesis Cookbook is Coming Along Nicely

By Allison Cortez

The 1st edition of the Genesis House cookbook is coming along nicely. Donna and Allison have taken the lead on it and really want the whole clubhouse to be involved. One way the clubhouse can be involved is to design the front cover of the cookbook. Please turn in your ideas to either Donna or Allison in the Butterfly Café. We will have at least 50 recipes in our cookbook.

The cookbook committee decided to have the cookbook in black and white. The decision was made with member's wallets

in mind. This is a great way to find out your fellow members' and staffs' favorite recipes.

If you are interested in purchasing a cookbook please let us know so that we can produce enough copies.

The committee wants everybody to feel ownership of the cookbook. One way is by having members and staff who submitted recipes to have their names printed below their recipe. If for some reason you don't want your name in the cook-

book, please let Donna or Allison know. We want to thank everyone for their help by submitting recipes.



Donna and Allison are busy typing & printing

SPOTLIGHT on Alumni Member BARBARA SPALDING

By Lynn Wertman

Genesis House would like you to meet a really dynamic person; her name is Barbara Spalding. Barb is a noteworthy person for many reasons. Married to her husband, Jim, for 14 wonderful years, having three children and nine grandchildren, she's led a very busy life. Much of it, 38 years, has been dedicated to mental health issues and advocacy. And on top of that, she's also a Genesis House member.

Barb has faced many challenges, like many of us. Through perseverance, she has tamed her early issues and then became involved with helping others. She jumped right in!

Among the many things she's done, is being a member of the Regional

Consumer Advisory Committee, which represents a four county area comprised of Lenawee, Washtenaw, Livingston, and Monroe counties. She also is a member of the Community Mental Health Board which directly helps us all at Genesis House (in this capacity, she's Mac Miller's boss! :). This board monitors such things as performance improvement in areas such as clinical care, customer service, and the local CAP. And if that isn't enough, three years ago Barb was asked by Leslie Hall, and accepted, to advocate for mental health and is fighting again for all of us.

Barb moves to the precepts of what Mac Miller once said: "...that people need to

move at their own pace, which gives a reason to get out, get up, and get wanted."



Barb Spalding has been a great advocate.

"The Allison Interview" by R. David Shoberg

DAVE: Hello, and may I welcome Allison To Genesis House! (We are all so thrilled To have you here.)

ALLISON: Thank you.

DAVE: Tell me, whatever did inspire you to join?

ALLISON: Well, I'm not really joining, I'm just interning here.

I'm trying to learn everything I can about mental health care. I'm also looking out for

job opportunities for clubhouse members. Genesis House is involved in advocating, and it's something that I was interested in— for people who have mental illness.

DAVE: What is the most important thing you have learned?

ALLISON: I guess that anyone is a step away from having mental illness of any sort, and that most people have stressors in their lives that cause it. However— we can take one day at a time!



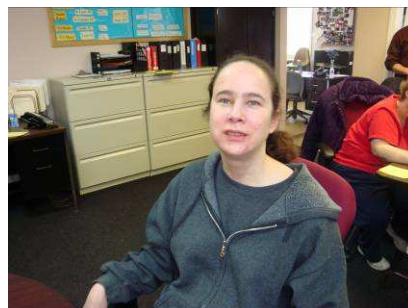
Bill, Jaime, Allison, & Donna on the B.C.

New Member Spotlight: by Claudia G.

Christina B. is our newest active Genesis House Member. She started her orientation at Genesis House in January and has recently completed it. Yeah!

Christina said that the orientation is a great process. Upon her completion of orientation, she chose the clerical/finance unit as her home base (despite the fact that Greg is the unit hahahah).

We our very happy to have her at Genesis House and the clerical unit is excited to have her help on the unit!



New Member Christina working in the Clerical Unit

A Note to Our Readers:

This month's topic is **Empowerment**, which means that individuals are the driving force in conducting their own recovery. Everyone has choices and can participate in all decisions that affect their lives. It also involves group empowerment, where people work together to take greater control of decisions made on their behalf in larger systems.

Look Within

by Brian Moilanen

Open doors
 Opportunities coming to you all direction
 Yet not allowing suppression or others imposed doubt
 Feeding the hungry soul at any detection
 Look within
 For you have so much to offer and give
 Life congruent mainly with experiences
 The main facet ultimately is to cordially live
 Become familiar with a higher power
 Past mistakes become stepping stones
 And enemies cannot weaken easily or cower
 Examine your past
 Yet look to the future to see a better tomorrow
 Stay in touch with emotional amplitude
 And gracefully see the gentle sorrow
 We may have been given a unique gift
 One that is respondent largely with needs
 Often times though utilizing with the meek and thrift
 When the world knocks you down
 Get back up and do it all over again
 Because even those who once lost
 Find ardently triumphant ways to earn a win



Our Artistic Picture This Month:
 Was drawn by Dave Stellberger to represent strength and
 empowerment.

“Very nice”

By Dave Shoberg

Only you can be so swift
 to help a brother bond in need
 All I can say is “Very nice!”
 You are a hero true indeed

Only time will surely tell,
 When you feel hurt and left alone,
 All I can say is, “Very nice!”
 And all your frustration will be gone

Well done, Thou has been true
 To Faces Thou hast never known,
 All we need to be nice,
 Is hold and cling unto our own.

Bea's Words of Wisdom

When you have a dream and you're ready to let it go, hold on to that dream, even if you think it's not possible. I know everything is possible because I almost had my dream, so I hold on to that dream. By Bea

“Your wisdom will become clear only when you look into your heart. Who looks outside, dreams, who looks inside, awakens.” By Carl Jung.

I took control of my life, and I am learning more. By Bea.

“Make It Special”

By Dave Shoberg

When life is unfair and matters
 Weigh you down
 Take a good look and glance
 Around
 You can make it special
 If only be kind you will try
 And life will be kind toward you by and by

Special is the word we all,
 Long to hear,
 To reach out to friends far and near,
 So make it special and you will find,
 The key to your piece of mind

Visitors From Charter House

By Bea Eldridge

We were very excited to have Charter House visit our clubhouse. They had groups at GH three different times. They were here on January 27th, February 3rd, and February 9th. Each day they had someone different and they were all very nice. They came to learn more about certification and the ICCD and to see how we do things at our clubhouse.

We hosted them in the Employee Administration Unit (EAU) unit. We all talked, showing them how we did things in our unit, and we answered the questions they had. We also took them on a tour of the clubhouse and explained each of the units. On the tour everyone introduced themselves and each unit explained what they did. Then if they had any questions, we would answer them.

When the tours were over we split the groups up and had our Charter House friends each pick a unit that they wanted to work in for the day.

We ate lunch together and many of us went on our daily walk around the neighborhood together. They said that they really liked the way we all care about each other.

We gave them lots of written materials for them to take back with them and we told them to stop by or call any time. They were really interested on how we did things and had a lot of great questions.

We were glad to have everyone from Charter House at our clubhouse. Come back to visit our clubhouse anytime.

The Michigan Clubhouse Conference '09

Typed by Bea Eldridge



(Above) Tom, Lynn, Claudia, Karen, Mike, and Jerry pose for a picture while lining up for lunch.

(Below) The group sat with Signe from Traverse House and discussed the conference happenings. Interacting with other clubhouses is a great aspect of conferences like these.

Genesis House had five members and three staff represent us at the MI Clubhouse conference on March 4th and 5th in Midland. We presented three workshops on **Employment, Newsletter** and the **Certification** process and we went to many different great workshops and keynotes. We also had a great time socializing and networking with other Clubs. Here is what some of us had to say about our experience: **Tom**- "I found the conference fascinating. You learn different things each time you go to things each time you go to things like these. I liked meeting different people and getting perspective, me from other clubhouses. Presenting was a little nerve wracking and there was a lot of people in the room, but I felt good about the presentation. It was nice that they had a hot tub too!"

Karen- "It was informative and we got a lot of great new ideas. I had a lot of fun with the group down there."

Lee- "I thought the conference had great topics, a nice range of workshops and all of

the clubhouses were really engaged in the presentations. Also, there was a great showing for the directors meeting on the evening before."

Lynn- "I enjoyed it and it was good to get back to a conference. I learned a lot from all that I read and heard there. I especially enjoyed learning about fundraising and making connections to the community."

Claudia- "I enjoyed Barb Andres, the keynote. And workshops. I always have fun spending time with our group and meeting people from other clubhouse."

Bea- "I liked being with the other clubhouses. They were all friendly and it was a great meeting. You always learn a lot from all the workshops, and it helps me with my goals because I want to lean how to speak in front of people and to do it well. It was really nice being with our group, too, because you get to know people better. My roommate was very nice too!" **For a full conference report please come to GH at 1:30 on March 30th.**



(Left) Bea is seen here presenting on Integrating Employment into the clubhouse. (Right) Lynn, Lee, Mike, and Karen presented on our Newsletter



Visitors from Wayne State University

by Claudia Gillenwater

We had two very special guests at Genesis House on Feb 6th. - Long time Genesis House friend, Francesca Pernice-Duca, a Professor at Wayne State University, and Debbie, a Ph.D. student who Francesca advises. Debbie is planning on doing her dissertation on how clubhouse promotes recovery.

We presented our orientation slide show and went over the process of what we think are the important parts of Clubhouse, like the work ordered day, relationships and transitional employment, and how the standards help guide us.

We ended our meeting with Lynn, Tom and I explaining how Genesis House has helped us. Francesca stated that she "was deeply moved by the member's stories and their willingness to talk with us." Debbie seemed to enjoy her time with us as well. We can't wait for another visit from Francesca.

***Please note some of Francesca's research on the benefits of clubhouse was just published in the American Journal of Psychiatric Rehabilitation. Way to go Francesca!!!!!!!



Deb & Francesca, on left, received an orientation from the Employment & Administration Unit.

All Things MAC

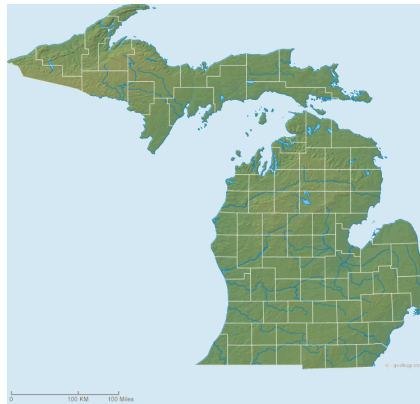
By Tom Roediger

The last MAC. meeting took place at Club Inspiration on some very cold days on Jan. 15th and 16th 2009.

We are the host the next MAC meeting on Wednesday, April 29. Because of limited space, we are asking visiting clubs to bring only 2-3 representatives each.

As a hosting club Genesis house is responsible to do a one hour topic. We are thinking about doing it on our newsletter.

Please let us know your thoughts.



Mental Health News: The Stranglehold of Cigarettes

By Brian Moilanen

This article has been paraphrased from the Fall 2007 issue of Schizophrenia Digest.

Cigarette and cigar smoking are an enjoyable past time yet takes it's **expense on the wallet** financially and also **on your health**. Those with the mental illness of schizophrenia have an enormously high smoking ratio, 9 out of 10 smoke. Research indicates it is easier for persons with schizophrenia to get hooked. One study suggests that to the contrary, nicotine, which is contained in the

tobacco of cigarettes, may actually improve some of the deficits that are associated with schizophrenia.

It has been proved that brain power, strangely enough, can be slightly improved.

Keep in mind, however, that smoking's dangers by far outweigh any possible slight advantages. **Throat and lung cancers** are at considerably higher percentages for smokers than non smokers. The leading cause of death is **heart disease**, and one of the leading risk factors is smoking.



Smoking Stinks!

Jokes researched by Jerry Hernandez

I have learned that if you upset your spouse, they nag you. If you upset them even more, they give you the silent treatment. Don't you think it's worth the extra effort?

Confucius says: Man who runs in front of car will soon get tired. Or: Man who run in back of car gets exhausted.

Marriages are made in Heaven. So are thunder and lightning.

A bus station is where a bus stops. A train station is where a train stops. On my

desk, I have a work station....what more can I say?

In Russia we had only two TV Channels: Channel One was propaganda. Channel Two was KGB Officer telling you: Turn back at once to Channel One.
-Yakov Smirnoff

What did one penny say to the other?
Lets get together and make some cents

If con is the opposite of pro, who's surprised that Congress is the opposite of progress.

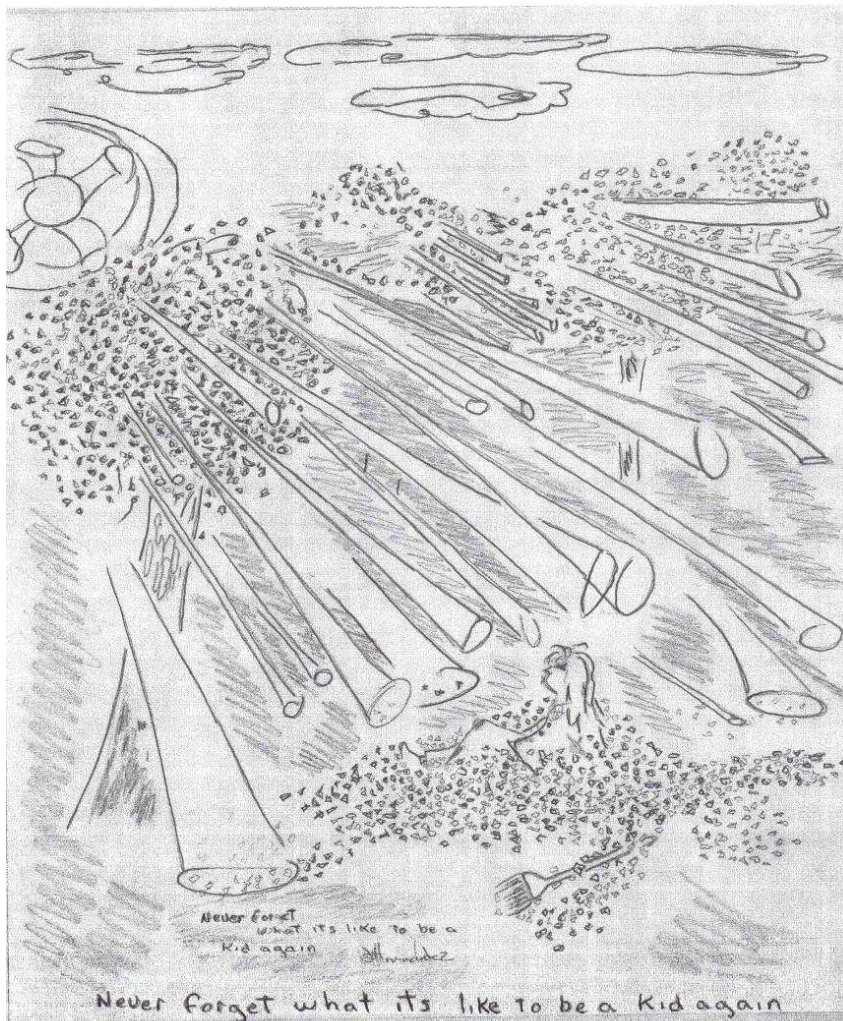
Ever wonder why the IRS calls it Form 1040?

Because for every \$50 you earn you get \$10 and they get \$40.

How do you know when its going to be a good day at work?

When you see your boss' picture on the side of a milk carton.

This Month's Art



This drawing, by Jerry Hernandez, is a childhood memory of a time when he played in the leaves, and saw the sun pouring through the trees.

Butterfly Café News by Jaime Podina

In keeping with our theme of a “Healthy New Year” we would like to start sharing heart healthy recipes that we have tried in our very own Butterfly Café! So, here is a low-fat version of a crowd favorite....

Heart-Healthy Cheesy Potatoes

Ingredients:

1 10-3/4 can reduced fat and reduced sodium condensed cream of chicken soup
 1 cup shredded reduced fat sharp cheddar cheese
 1/2 cup fat free (skim) milk
 1/2 cup light sour cream
 1/3 cup finely chopped onion OR 1tbsp. dried minced onion
 1/2 tsp. pepper
 1 30 or 32 oz. pkg. frozen diced hash brown potatoes, thawed
 Preheat oven to 350 degrees. Lightly grease a 2 quart rectangular baking dish; set aside. In an extra large bowl, combine soup, cheese, milk,

sour cream, onion and pepper. Stir in potatoes. Spread mixture evenly into prepared baking dish. Cover and bake for 45 minutes, or until heated through. Let stand 10 minutes before serving. Serves 12. Enjoy!!
 Calories: 86.8 per serving
 Fat: 3.4g per serving

As you have read in our journal, Genesis House prides itself on continuous growth, which is ensured by annual goal planning. The Butterfly Café recently had the opportunity to meet as a group and develop new and exciting goals for 2009! We would like to take this opportunity to share with our readers some of the things we will be focused on for the new year....

Butterfly Café Goals:

- Recruit more members in the unit
 - Encourage/develop more member leadership
 - Develop more complex computer tasks
 - Train more snack shop cashiers
 - Celebrate and recognize goal accomplishment and recovery
 - Increase overall sense of unit/clubhouse ownership
- As you can see, the Butterfly Café will continue its hard work and growth!



Don't forget to stop by and enjoy our salad bar (a wonderful and healthy addition to our clubhouse)!!

March Menu



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Shake-N-Bake Pork Chops, Green Beans, Lemon Lush	3 Fettuccine Alfredo, Garlic Sticks, Boston Cream Pie	4 Meatball Subs, Cole Slaw, Pina Colada Yogurt Parfaits	5 Sausage Noodle Bake, Glazed Carrots, Red Velvet Cookies	6 Ham Dijon Braid, Green Beans Almandine, Strawberry Granola Bars	7
8	9 Ham and Cheddar Pie, Homemade Biscuits, Baked Peaches	10 Chicken Marsala, Roast Thyme Potatoes, Peanut Butter Paisley Brownies	11 Soft Tacos, Spanish Rice, Carrot Cake	12 Turkey Chili, Cornbread, Apple Crisp	13 Tuna Stuffed Pitas, Chips, Pickles, Almond Cream w/ Strawberries	14
15	16 Penne, Sausage and Ham Casserole, Brussel Sprouts w/ Mustard Sauce, Banana Split Cake	17 Corned Beef and Cabbage Casserole, Irish Soda Bread, Mint Choc. Brownies St. Patty's Day!!!	18 Chicken w/ Garlic Sauce and Angel Hair Pasta, Mixed Veggies, No Bake Cookies	19 Cheesy Tuna Mac, Applesauce, Cherry Pie	20 Sloppy Joe's, French Fries, Brownie Sundaes	21
22	23 BBQ Pork Sandwiches, Curly Fries, Blueberry Dump Cake	24 Tortellini Marinara, Cheesy Broccoli, Banana Cream Pie	25 Strawberry Spinach Salad, Grands Biscuits, Peanut Butter Cup Cookies	26 French Toast, Bacon, Fruit Salad	27 Seafood Pasta Salad, Cheddar Biscuits, Berry Cakes w/ Cinnamon Whipped Cream	28
29	30 Chicken Pot Pie, Spinach Squares, Streusel Caramel Apple Pie	31 Spam Day				

Events Update by Lynn Wertman



Jess and Bill at the Valentine Day Bash!

February was a fun month at Genesis House, and March has been a busy month for those of us here.

During February, we went to the Twelve Oaks Mall in Novi, for a good walk around the mall and an active search for the "the right present.." We had to help Mike! It was an intense project, looking for three purse in looks, in quality, and in price range. Nothing was too good for the wife of our cohort. If we stopped in one store, we also shopped fifteen or twenty more. The groups oohed and ahhhhd over each choice, and finally came to the conclusion that Mike's pick was indeed the

right one. We **think** he appreciated our input. We tried our best.

Other February activities enjoyed included a bowling tourney with **Fresh Start**. We held our own and had a great time. Another activity was the Valentine's Day Bash, held here at Genesis House. Confections of all types were displayed and quickly taken advantage of. Little was left.

March activities include Sears/Movies on 3/12/09, a visit to the Hands On Museum in Ann Arbor (a Saturday function-\$8.00) on 3/21/09, and a visit to Leo's Coney Island Restaurant in Howell on 3/26/09. Come join us and have a good time!

March Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Employment Dinner 4 to 5 p.m.	3	4 Craft Night 3:00 p.m.	5 Conference	6	7
8	9 Education Club 2 to 2:30 p.m.	10 Assessment Tool w/Club Cadillac & Dreams Unlimtd.	11 Group Orientation	12 Sears and Movies 3:00 p.m. MIKE'S B-day	13	14
15	16 Employ. Dinner 4-5 pm Health Record Pilot	17	18 Advisory Board Meeting	19 VISION CLUB visits E.A.U.	20 LETS guests visit for Lunch	21 Hands On Museum Ann arbor
23	24 Education Club 2 to 2:30 p.m.	25	26 Leos Coney Island 3:30pm	27	28	29
30	31 Employment Dinner 4 to 5 p.m.					

GENESIS HOUSE

A PLACE TO GROW

A clubhouse offering opportunities for adult psychosocial rehabilitation under the auspices of Community Mental Health Services of Livingston County

501 W. Grand River
Fowlerville, Michigan 48836
(517)223-1393
Fax: (517)223-1398
genesishouse@cablespeed.com

We're on the web!
www.genesisliv.org

Work-Ordered Day

Hours:

Monday through Friday
8:30 - 4:30

Social Activities:

Thursdays after 3:00
except for one week per
month when we have a
Saturday activity instead of
a Thursday activity

Transitional Employment

Placements:

Monday through Friday
(hours vary from placement
to placement)

Workshops & Support

Groups:

Health and Wellness Com-
mittee Workshop
12:30, 2nd Tuesday

Affiliations:

Michigan Assoc. of Club-
houses (MAC)
International Center for
Clubhouse Development
(ICCD)
United States Psychiatric
Rehabilitation Assoc.
(USPRA)

Since 1994 Genesis House has been dedicated to providing a community based, restorative environment for adults of Livingston County recovering from major mental illness. As with any other voluntary organization, we depend on the work and abilities of our membership to complete the daily work necessary for making the organizational mission effective. Genesis therefore emphasizes and builds on members' strengths and abilities, not members' symptoms. In doing so, members' psychosocial rehabilitation is not so much a result of being served by the program as it is the result of being partners in its operation.

Approximately 180 adults have joined Genesis House over the years for the opportunities that its "partnership in club operation" provides for personal growth and improved lives—opportunities for members to increase their independence, self-advocacy, community & natural supports, employability, education, recreation, relationships, self-esteem and self-confidence—opportunities for growth which all citizens of our society desire, but which persons with major mental illnesses often find either difficult to access or outright discouraged from participating in.



A group of members and staff are meeting here to figure out how to finish the newsletter. Sorry it's late, but we've had fun making it! We're glad to put this one to rest!

SPECIAL THANKS

To the following Genesis House members, friends & staff who were instrumental in the production of this 120th issue of *The Genesis Journal*

Special contributors:

Lynn Wertman
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Bea Eldridge
Jerry Hernandez
Jaime Podina
Esther Onaga
Raimee Knorr
Dave Stellberger
Tom Roediger
The Clerical Unit
The Butterfly Café

Production assistant and IT Support Lisa Everton & John Heinlein

. . . And special thanks, as well, to the entire

GENESIS HOUSE

Community
which provides us all with
A Place to Grow !

Genesis House

"A Place to Grow"

501 W. Grand River

Fowlerville, MI 48836

The Genesis Journal

Place
Stamp
Here

Dave Stellberger asked fellow members, "What has helped you to take control of your life?"

Bea Eldridge

"Finally I got my independence and found I'm a person. I can do anything I want to!"

Brian Moilanen

"Belief in myself and skills that I learned at Genesis House. This gave me a better grasp on life."

Tom Roediger

"Being busy in the employment administration unit. There is always a lot of work to focus on."

Tom Moody

"Take care of myself, being nice to others and participating in A.A."

Lynn Wertman

"Coming to Genesis House and making friends. Starting on work that needed to be done. Getting to know people and being accepted by them. They are my family."

Donna Coleman

"Decided to come to Genesis house to find myself. I was drifting off in space. As a result, I came to know myself and others as well."

Claudia Gillenwater

"Accepting my illness, being independent, and coming to Genesis House."

Dave

"Spending time with people at Genesis House. I get things done where before I wasn't able to. Getting things prioritized to expand my interests."

Shirley Tarrow

"Living with roommate Jessie. Being a part of Genesis Clubhouse."

Christina Brumfield

"Taking medication as prescribed and going to Genesis for things to do."

Bruce Bennett

"Reading the Bible, having a job through Genesis House, seeing the Doctor, and understanding my illness."

Ann Moore

"My husband has been an important support in my life."

Jerry Hernandez

"Getting up each day and facing my challenges head on."

Cindy Zonca

"Financial independence. Working regularly in the clerical unit at the Clubhouse."

Holly Young

"Support from staff and my own determination."