



A Place to Grow

501 West Grand River

Fowlerville MI 48836

Phone: (517) 223-1393

Fax: 517 223 1398

genesishouse@cablespeed.com

www.genesisliv.org

Inside this issue:

Lead Stories	1
Genesis House News	2-3
Personal Spotlights	4
Creative Works/Poetry	5
Clubhouse Network News	6-8
Butterfly Café And Lunch Menus	9
Events Calendar	10
Genesis House Info and Credits	11
Pledge Sheet	12

The Genesis Journal

Volume 16, Issue 3

May/June 2009

GH's Heralded Walk-A-Thon by Lynn Wertman

It's that time of year again...**walking time**. We know the drill and how to accomplish it. We walk some, every day, then walk a little further, or faster, getting looser as we extend our mileage. We enjoy it, it invigorates us. We enjoy the companionship of walking with our fellow club colleagues and other special Genesis House (GH) friends, like **Sue Parchetta** (a reporter for the Fowlerville News and Views) and **Clayton Klein**, (local author and a 90 year old walking legend).

Last year, during our **May walk-a-thon**, we set a personal GH best with **50 different walkers** combing to walk a total of **235 miles** during lunch time. Let's up the ante this year to 55 walkers and over 250 miles. We can do this, together!

Also don't forget to ask your friends and families to **make a donation** for the cause. With their help, we would use this money to send participants to conferences and/or to fund clubhouse projects. It's time!

P. S.: Sue and Clayton helped to kick off our walking on May 1st and they were very fun people and serious walkers. Their walking inspired us all and we look forward to trying to keep up with them

again next year! Since Clayton began recording his daily mileage he has walked more than 80,000 miles. He does a five mile walk every day. Just the inspiration we need to motivate ourselves.



Lynn, Clayton Klein, Sue Parchetta, Greg, and Holli stop walking, to smile for the camera.

Director's Note by Lee Kellogg

This issue of the GH journal is dedicated to **Wellness**. I can't think of anything more important than feeling good in **mind, body and spirit**. Often times, when we think about personal wellness we think about things we need to give up— smoking, dessert, snacks, pop, caffeine, alcohol, junk food, fast food,, watching TV- well you get the idea. While there are great personal benefits gained by giving up our vices, I suggest that we take the opposite approach towards improving our wellness.

Instead of the taking something away (negative) let's **add** something to our lives for our health (positive). To use the food example this would meaning adding foods like fruits, veggies, and whole grains to our diet, If our focus is filling our bodies with healthier food we may not even notice that we have eaten less of the stuff we were previously trying to give up.

This is a familiar concept for Clubhouse colleagues because it parallels our approach to members. We focus on the positives (strengths and talents) not the negatives (symptoms or problems). It works! We have seen this over and over again.

When members are focused on helping make the clubhouse a better place they forget what problems brought them to the Clubhouse in the first place.

Please help us make GH a better place by **adding walking** to your daily routine if you haven't already. And get started by walking with us during lunch time. It's free, it's effective, it's social and it help us reach our short term **walk-a-thon goal**. Most importantly it is a **step towards collective wellness**. We are hoping to make walking a daily year round habit. The healthier GH is the more we can accomplish together.

If you still need more incentive consider the following two recent studies. The first one found that **physical activity** (like walking) **can improve** the **mood** of people with bipolar disorder, major depression and schizophrenia. The second showed that **outdoor exercise** (like walking through the Fowlerville park) has a greater **benefit** than its indoor equivalent including **"improved self-esteem and reduced feelings of depression."** This didn't come to a surprise to GH members because every single member we surveyed stated that they believe that walking has health benefits.

Employment Update by Mike Leahy

The spring has ushered in a flurry of activity here on the Employment and Administration Unit. Two members have started new work on Transitional Employment (TE) placements, and we have made some additional changes to our Employment Dinners.

Bill Mykolajenko was selected for the placement at Asahi, and he was very excited when we gave him the news of his selection. Bill was highly motivated to work this TE. He has not worked in 8 years, and during a TE tour there he learned more about the position and became very interested.

Jaime and I are the placement managers there, so we have been training him this past week. As always, Bill's co-workers there have been very helpful and supportive. Bill is learning the tasks very quickly and we are

confident that he will be very successful at this placement. Bill says, "This is the most active I've been in a very long time. I really appreciate this opportunity, and the people here at Asahi have been great to work with."



Bill at his new position at Asahi.

Tom Roediger has just started his TE at TJ Maxx. He was also very happy to start working again. He has prior experience in retail, so he saw this placement as a good opportunity to expand his resume and prepare for independent work again. He has fit into the placement beautifully. He has learned the tasks and responsibilities quickly. Tom says, "I really like my new position. The people are so nice, and I think this will help me get back to working on my own when I am done."



Tom Roediger at TJ Maxx with his supervisor Jules.

Brief News-By Sean McGahey and Brian Moilanen

LETS for Lunch

-Genesis House hosted **Livingston Essential Transportation Service** for a new employee orientation lunch on March 20. We kicked it off by having **Doug, Katrina**, and four LETS drivers come to learn more about Genesis House. They were great guests and we really enjoyed the opportunity to share the good news of what we do here

at Genesis. In the future all new LETS employees will come to GH for part of their orientation. This is a great relationship. Many of our members rely on the service of LETS to get to the Clubhouse.

GH Hosting a Local Women's Group - Genesis will host the **Fowlerville Woman's Group** on

June 16th. This is a long running local civic group that wanted to learn more about GH. We are excited to share info with them and to learn about what they do. As you know it is our ongoing mission to educate and network with the community. If you are interested in helping with this presentation please advise the E.A.U. to become a participant.

Garden News by Claudia Gillenwater

Once again it's time for the Genesis House Garden. We are looking forward to the **fresh strawberries, raspberries and beautiful wild flowers**. Genesis House also plants flowers in the front of the clubhouse, and also in the back. It adds a nice touch to the clubhouse. We also have perenn-

ials come up every year. Of course there is the task of weeding and watering. All and all the garden helps out members and saves on the Butterfly Café on buying extra, It's a taste of homegrown, and Grandma's famous recipes. The beauty of flowers never goes away.

Our master gardener Karen Holden has a green thumb and dirt covered hands. Dan Fry, Frank Kauchick jump in to make our "household" beautiful.



Members in the News by Cindy Zonca and Greg Wortley

As usual, Genesis colleagues have been on the move. Among the many newsworthy happenings are . . .

Donna Coleman will be representing Livingston County in the Walk-A-Mile-In-My-Shoes rally at the state capitol in Lansing on May 12th.

Tom Roediger recently moved into new digs at the Brighton Cove apartments just off of Grand River in Brighton.

Claudia Gillenwater & Tom Roediger served as masters of ceremonies at the CMH Town Hall meeting in Howell.

Madeleine Graham has recently moved from alumni status to active

membership. It's great to have you back, Madeleine.

Charles recently moved to Lansing. Charles' family reports that he is settling into his apartment, has purchased a bike and is doing well.

Gregg Lutz and **Bill Mathis** are currently participating in a community swim in Howell.

Bill Mykolajenko has recently begun the transitional employment placement at Asahi in Fowlerville.

Barb Spalding is currently in Tennessee to participate in her daughter's college graduation.

Cindy Zonca recently traveled to Dreams Unlimited in Royal Oak to participate in a regional training meeting.



Three amigos, Sean McGahey, Greg Lutz and David Prain pose after their one mile lunch time walk.

Welter Memorial Fund Update

By Lynn Wertman

John Welter was a founding **Genesis House advisory board member**, a valued **Community Mental Health (CMH) board member**, and the **chief financial officer at Tri-State** (an excellent company which continues to employ our members). Everyone who knew him was saddened when he passed away last year. His family kindly donated funds made in his memory to Community Mental Health. When asked what the money should be the used for, his wife stated that he was interested in **getting Genesis House members out and into the community**.

We used a house meeting to brainstorm ideas on how to use the generous donations according to his wishes. We formed committees at GH to research each idea and to come up with proposals for each. For instance, I was part of the "Night on the Town" proposal. Part of the research was to ask members what would help them socialize together in the community. We then took the proposals back to the house meeting for input and to get consensus on the best proposals. Lee and I presented the results of the following proposals to the CMH Board:

Support for Social Activities: The "Social Scholarship" was doubled to \$20 per year per member, and "expanded social activities", costing around \$20.00 per member per activity, were added.

College Preparation Materials: As MRS is available for scholarships for college classes, money is available for items like books, to help find the right institution, and/or financial aid. These items are given to those searching for their use.

Scholarships for lifetime learning: For those seeking knowledge in photography, writing classes, computer classes, etc.

Donate to others in need: Two needs have been identified, a senior living center and the Howell Youth Connection. Needed supplies would be purchased and Genesis members would hand out supplies in person.

Attend the ICCD Conference in FL: For the Florida Conference in October, monies given would support registration, accommodations, and meals for 4 members for 5 nights.

Night on the Town Proposal: Socializing without staff, for activities planned and organized by members, with reimbursement for providing transportation, \$15 given three times per year for the activities.

Increased support for wellness: For swimming in the Howell High School pool, paying for the first five sessions in full, with \$1 per session after that time.

Professional Clothes for interviews and work: To help members looking for employment, money would be available for interview or work clothing. The Women's Resource Center would be accessed first.

At the Ways and Means Board meeting on April 21st, Lee and I explained the proposal for final consideration.

At the Full Board meeting, upon the announcement of the approval of John Welter's gift to us, several of our group, Tom Roediger, Bill, Lee, and I, thanked John Welter's family for their kind consideration.

We all feel fortunate that Genesis House was chosen to receive such a generous gift. We are proud to know that getting out and into the community is both John's wish and ours.

We will be reporting our progress. We will invite the Welter family and Tri-state to an employment dinner so that we can personally thank them.

We'll Miss You Jessica

By Jaime Podina

We are sad to share with our readers that we had to say goodbye to **our friend and colleague, Jessica Clark**. Jessica was one of our original members; joining Genesis House in 1994. However, it wasn't until 2003 when she began attending Genesis House on a regular basis. Sometimes known to be a "spitfire," Jessica never gave us a dull day at the clubhouse. She was an active team member of the Butterfly Café where she would dazzle us with her cooking skills....in fact, her nickname was "Chopper" because she was the first person to volunteer to chop vegetables (especially onions)!

Jessica will also be remembered as a **point of light** in our clubhouse. She always took pride in her fashionable and bright outfits, but mostly, her light came from her beaming smile....which she always shared with all of her friends.

Other favorite memories of Jessica include her **quick wit** and **sense of humor!** Jessica always had a comment or reaction that would make the room roar with laughter! However, Jessica also had a very serious side with an incredibly generous heart. On more than one occasion, Jessica would share whatever she had with her peers, from a glass of pop to a supportive hug. She would also share her love of artwork by bringing in colored pictures for her friends or by modeling her Mom's latest t-shirt or sweat-shirt design. In addition, Jess had a love of music and would give us quite a heart-felt performance at various karaoke parties at the clubhouse....her favorites being Madonna and Michael Jackson!

Jessica had many friends at the clubhouse including her boyfriend, Bill Mathis, and her roommate, Shirley Tarrow. When asked about special memories of Jessica, many will remember her for her good and caring nature, her fun side, her bright smile and her kind heart. We were lucky to have Jessica touch our lives and we will forever be comforted by the fact that we now have one more guardian angel looking down on us. Goodbye, Jess.....**We'll miss you but we will never forget you!**



*We would also like to extend a **special thanks** to the **family and friends** of Jessica who contributed to Genesis in Jessica's honor. Her family graciously decided to have donations made to Genesis in lieu of flowers, and we received over \$800. We have decided to use this money to expand and extend the funding from the Welter Memorial Fund which allows members more access to the community. Because Jessica was very socially involved with our community, we feel that these initiatives go hand in hand.*

A Note to Our Readers:

Since May in Mental Health Month, our **topic** this month is both mental wellness and physical health. We do our Walkathon in May because we know that mental health and physical health are closely tied together.

Mental Wellness

Madeleine Graham and Brian Moilanen

To tempt the fates is a mistake
 Self control is the way to go
 Mental wellness dictates following the rules
 Use the meds as prescribed
 Otherwise one may not be alive
 The sun is shining
 The birds are singing
 Spring has set her course
 Desire be the weather
 Then it is euphoric to stay better
 Think wisely
 Choose carefully
 And realize that people care
 It is best to stay well
 And avoid the lair
 In a land of doubt
 I am still affirmative as not a naysayer
 When we follow instruction
 We avoid wrath and self destruction
 Find if you may
 A hierarchy to see the light and quiet the storm
 A world so perverse these days though
 What is the norm?
 Antidotes
 Well being and medication that preserve life
 A Settled mind
 No longer downtrodden with strife
 Fond days return in rewind
 For greater possibilities for humankind

I found myself at clubhouse

By Claudia Gillenwater

It was a breezy fall day
 Little did I know I found my way
 As I experienced clubhouse no doubt
 I could say once fallen clubhouse
 Picked me up and I felt okay
 meaning to never let me down again
 The opportunities I found within
 Clubhouse I had the answer to my
 Recovery and mental illness
 I found myself at clubhouse.

Bea's Words of Wisdom

"Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all." -Dale Carnegie

"We have nothing to fear—but fear itself." -Franklin D. Roosevelt

"The best and the most beautiful things in life cannot be seen or even touched...they must be felt with the heart." -Helen Keller

"The future belongs to those who believe in the beauty of their dreams." -Eleanor Roosevelt

Obstacles are those frightful things you see when you take your eyes off your goals, so always have a goal it's ever important. -Bea

ART

By Drew Laprise



Walk With Me

By Dave Shoberg

Photo by Lynn Wertman

Foot Model Jason Brunner



There are times I walk a mile in my shoes,
 I wish you do the same, too.
 After all, in order to be safe,
 Walk with me and be good faith.

Walk a mile in my shoes, I say,
FOR YOU WILL BE ENCOURAGED TODAY!!!!
 Never mind the pain and fear,
 I'll be around, I'M ALWAYS NEAR

Hosting the MAC Meeting by Madeleine Graham



Jake, Joyce, Holly, Nancy, and other colleagues from around Michigan dine together at GH

Genesis House hosted the MAC Meeting held Wednesday, April 29. "It went really well," commented Lynn Wertman. "Participation was really beneficial and everyone had a good time. We actually talked about what people were worried about. I thought the dinner went smoothly too. I learned a lot and understand more about the balance of information between different (clubhouse) communities," continued Lynn. Lee added, "from the hosting side of it everything was timely and orderly. It was an

efficient and productive day," "There were 16 clubs plus Genesis House," "All of our members and staff pitched in serving, cleaning, planning, and clearing (tables). I was impressed how everyone pulled together to make it work. Although it was lot of work hosting, it was great for our clubhouse as we rose to the occasion. We also enjoyed hosting the committees the evening before. Overall the event seemed relaxed," explained Lee.

Lee and Mike's Excellent Clubhouse Adventures

By Lynn Wertman



Aloysia gave a wonderful tour of Vincent House

Lee's excellent adventure was a visit to **Vincent House**, the host for 10/09 ICCD International Seminar, in Florida. He was there during a recent vacation with his family.

Lee spent the morning on a guided tour of what he describes as an excellent clubhouse. He noted that the members of Vincent House were very involved in their work-ordered day, that they were very organized, very friendly, and very welcoming. Lee's tour guide, Aloysia, gave a great overview of her Clubhouse and had a lot of pride in the great work being done at Vincent House.

the Clubhouse movement. Mike was impressed. He said that, "Fountain House has more than 300 members every day, but their units were set up in a smart enough way that when you were on a unit you could tell that members and staff really know each other well. There was a strong feeling of community both within the units and for the Clubhouse as a whole." What Mike liked the best was the **kindness and hospitality** of everyone he met.

Several members of their Employment unit were especially helpful to him, including Rick, Julio, and Joseph in particular. He also met Nancy, their new TE developer; and since Ralph Bilby was in town, Mike got to see him as well.

Mike would recommend a Fountain House visit to everyone who gets an opportunity so that they can see where it all started.



Mike is here with Joseph, a member on the Employment Unit who showed him how their database works.

Mike also had an excellent adventure. He and his wife went to New York for three days and he spent one of these days at **Fountain House**, something he has wanted to do since he first learned about

Visions Club Visit

Visions Club visits Genesis House employment unit. Visions is working very hard at expanding their employment opportunities for their members. **Natalie** and **Sharee** spent the day with us sharing employment ideas and options. We are extremely happy with all of the strides that Visions is making. Our former advisory board member **Dick Schroeder** moved to the Pontiac area and has joined forces with Visions Club with its talented participants. Visions has a bright future.

Club Cadillac Goes For Certification -By Brian Moilanen

Club Cadillac will be forthrightly going for their **ICCD certification** review this June. We are very pleased and excited for them. If prominence holds true (which we are sure it will because they are an excellent club) they will become the fourth Michigan Club to join of the growing ranks of certified Clubhouses. We will be sending positive vibes your way during your review!

Genesis House assists in Regional Training

Genesis House will be helping with the state training grant by helping with the regional training again this year. We will be providing two employment based workshops. One is of a more basic nature, designed for colleagues interested in an overview of: The benefits of working, How the Work Ordered Day (WOD) prepares members for work, Different types of clubhouse employment (Transitional Employment (TE), Supported Employment (SE), Independent Employment (IE), Forming strong relationships with employers, Setting and tracking employment goals, Helping members make employment decisions and Celebrating employment in the clubhouse. This training will take place in Lansing on Wednesday June 24th. The second training is designed for clubhouse col-

leagues who are **directly involved with job development** for their Clubs. It will include role playing and lots of time for discussion. Topics will include: Job development scripts (including an example from Ralph Bilby), Describing Clubhouse to employers, Answering key development issues, Characteristics of a strong TE site, Placement Management, Supported and Independent Employment, Reasons to do each employment model, Who are the "best" employers and what jobs do they offer, Integrating Employment into the Clubhouse and Clubhouse Employment Events, Setting and tracking employment goals and Group placement. This training will take place in the greater Detroit area on September 16th.



Jaime & Lynn presenting on leadership at last years regional training at Fresh Start

Leadership Class

By Donna Coleman

We had a leadership training and it went well. There were 6 of us in the class, they were, Donna, Bea, Claudia, Jerry, Barb, and Lynn.

We will be training other members to become leaders. We had two training sessions already and we have one more to go.

Lynn Wertman has enjoyed the class greatly. She says, "The thing I like about the class is that it is helping us to feel more comfortable doing some-

thing that we never would have attempted on our own."

Bea says, "I have enjoyed learning new things. I am learning how to be a leader, and that is important to me."

There will be one more class, then the group will move on to start training other consumers. The current group will pair up to co-lead sections of the Leadership Manual.



Mike, Barb, Bea, Jerry, Claudia, Lynn, and Leslie Hall at our first Leadership Class.

Walk a mile info

In recognition of **May as Mental Health Awareness Month**, the **Michigan Association of Community Mental Health Boards** and other statewide advocacy agencies are hosting the fifth annual rally where consumer representatives hold county flags and deliver a statement about mental health from the steps of the state Capitol building. To enhance public awareness Because legislators need to know **Mental Health Matters**. To put an end to the stigma related to mental illness & developmental disabilities Because Michigan does not have parity (equality) between mental health & physical health care coverage To promote mental health and wellness Because we can make a difference!

(The above was stolen from the MACMB walk a mile info packet) Our very own Donna Coleman will be the representative for Livingston County community Mental Health this year. The **Michigan Association of Clubhouse (MAC)** is once again a proud sponsor of this wonderful event.

Walk a Mile a year ago. Claudia was our leader and made the walk. Donna and Lynn are helping support the banner. It is important that we advocate for mental health issues whenever the situation presents itself.



New Database Project by Greg Wortley

The Genesis House Clerical Unit is excited to announce its trial use of a new database system. A few years ago our friends at Dreams Unlimited Clubhouse in Royal Oak developed a Microsoft Access based system for managing their clubhouse data. We took a look at it at the time, but hadn't been able to use it for our own data gathering at Genesis. However, as of recent, Dreams Unlimited has made the system accessible to other clubhouses. As a result, the four clubhouses in Oakland County are all currently piloting its use. At the same time, Dreams

Unlimited invited us here in Livingston County to pilot its use as well.

Though we have already begun to load Genesis information into the database tool, it will take some time to complete the data transfer and to make it operational for daily use. However, we are already seeing the great potential for such a data gathering tool. First and foremost, it could make all the attendance, demographic and quality indicators information we track much easier to access and use. Second, it is already generating valuable discussions about what

statistical information is most important for a clubhouse to track. And lastly, it has already generated discussions among Michigan Assoc. of Clubhouses members as to the possibility of securing grant funding so that all the clubhouses of Michigan could have access to such a tool. Michigan clubhouses could then speak with one voice for their effectiveness in promoting recovery from severe mental illness.

Dave Stellberger asked fellow members: "What is your wellness Goal?"

Claudia Gillenwater

"Lose weight and just be happy."

Ann Moore

"To lose 200 lbs. by swimming laps at the Howell aquatic center."

Dan Fry

"Good health and happiness."

Lynn Wertman

"Trying to lose weight. Continue to be an active member."

Greg Lutz

"Not eat desert. Swim and bowl and work at Belomatics."

Joline Reed

"I want to give up soda pop and replace it with water or juice."

Tom Stone

"To come to Genesis House. And walk 4 miles a day."



For The First Time In His Life.....Wortley Crowned as a Winner??

by Jaime Podina

Once again, Genesis House hosted its annual NCAA Tournament, giving members, staff and friends of Genesis House an opportunity to make a friendly wager on college basketball. Now before we break down the terms, we first want to give a **great big shout-out to our Michigan State Spartans** for making a fantastic showing in the championship game! Go Green!!

So, the terms of our bracket were as follows:

1st Prize – Free Genesis House T-Shirt

2nd Prize- Free International Day Lunch

Last Place- Free Spam Day Lunch

With record participation this year, we had **17 participants** in the "Genesis House Hoopsters" bracket....including our ICCD reviewer, Bob Camp from Breakthrough Club in Wichita, KS, our dear friend, Prof. Esther Onaga from MSU, and lots of G. House members and staff!

In addition, we had a side wager with our friends at Breakthrough Club for 2 clubhouse T-shirts based on the outcome of the MSU – Kansas game during the sweet sixteen. Well, as you know, MSU smoked Kansas, giving us two very nice Breakthrough shirts (which were raffled off to our lucky winners – **Gregg Lutz and Cindy Zonca!**)

As for our other big winners....First prize went, once again, to **Greg Wortley** who spent more time than he should researching the team stats. Our second place winner was our van driver, **Jim Hedgecock**, who was less strategic than Greg, but did really well for not being a big sports fan! And last, but certainly not least, **Frank Kauchick** took last place, scoring himself a Spam Day lunch.....he took it all with great stride!

Overall, it was a fun event filled with great sportsmanship! We are already looking forward to next year!



Editor's note regarding title: For our readers who don't know Greg, he plays a very important role at GH. And that is to serve as the butt of our jokes. He knows we really think of him as a winner!

Butterfly Café News by Jaime Podina

There has been a lot of activity in the Butterfly Café recently! We first would like to extend a very warm welcome to **Jerry Hernandez** who decided to join our team for a month! Jerry decided to challenge himself and brush up on his cooking skills. We are so happy to have him work with us and share all of his talents! **Welcome, Jerry!**

In other good news, we have formally kicked off **grillin' season!** Last year, we were able to purchase a brand new grill and we were very pleased to dust it off this year. Our first meal was BBQ chicken with glazed carrots....it was delicious! During the spring and summer months, we plan to make

really good use of our grilling skills! Check out our May menu!



After much anticipation, our **Genesis House Cookbooks** are finally for sale! They are a collection of favorite recipes from members and staff, put together by our very own membership. We have sold quite a few, but we have more available if you are interested in purchasing one! **Only \$4.00 per cookbook**....they are available in our Snack Shop (we can also send them inter-office to our friends at the main building and Maplewood)!

Lastly, as you know, our dear friend, **Jessica Clark** passed away in March. We would just like to say that we will all **miss her smiling face.** She was part of our team in the Butterfly Café and she will never be forgotten....



May Menu



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Grilled Cheese, Tomato Soup, Oatmeal Scotchie Pan Cookies	2
3	4 Polish Rieben Casserole, Corn, Mint Chocolate Brownies	5 Shake n' Bake Pork Chops, Stuffing, Apple Pie	6 Breakfast Burritos, Hash Browns, Fruit Salad	7 Pizza, Salad, German Chocolate Cake	8 Egg Salad Sandwich, Cheese Doritos, Old Fashioned Applesauce Raisin Cookies	9
10 Happy Mothers Day! 	11 Baked Mac n' Cheese, Fred's Green Beans, Chocolate Chip Cheesecake Pie	12 Chicken Kabobs, Wild Rice, Lemon Bars	13 Fettuccine with 3 Sauces, Garlic Bread, Cream Puffs	14 Chef Salad, Buttered Noodles Spiced Apricot Bars	15 Sloppy Joes Cole Slaw Apple Crisp	16
17	18 Pork Fried Rice, Egg Drop Soup, Peanut Butter Kiss Cookies	19 Club Sandwiches, Potato Salad, Banana Cream Pie	20 International Day!	21 Beef Stroganoff, Squash, Strawberry Shortcake	22 Donna's Chicken Salad Sandwiches, Cheetos, Fruit Smoothies	23
24	25 Happy Memorial Day! 	26 Sweet and Savory Sausage Casserole, Sweet Potato's, Lemon Chiffon Pie	27 Ham Dijon Braid, Cheesy Broccoli, Coconut Smores	28 Savory Chicken and Biscuits, Breaded Cauliflower, Saluted Bananas w/ Caramel Sauce	29 Chili Dogs, Fries, Milkshakes	30

Events Update by Tom Roediger



A group of GH colleagues pose in front of Spartan Stadium before the annual "Green and White" MSU football game.

May is an exciting time for us. We have a **Town Hall meeting** with pizza before we go. They have light refreshments and deserts. At the Town Meeting we voice our opinion's on mental health issues. On **May 12th**, we have **Walk a Mile in my Shoe's** event at the Capital building in Lansing. **Donna Coleman** will be our representative for Livingston county.

On **May 16th** we are going to **Greenfield Village** in Dearborn. They have gift shops and a lot of history in the village like the Wright Brother's, where Abe Lincoln was shot in the theater, and more along with restaurant's. On **May 20th** we are going to **Bob Evan's** for dinner. On May 28th we are going shopping at

Sears and other shops and some people will go to the movies.



Greenfield Village's Main Street

May Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1.	2.
3.	4.	5. Town Hall Meeting	6. Employment Dinner and Education	7.	8.	9.
10.	11.	12. Walk a Mile in my Shoes,	13.	14.	15.	16. Greenfield Village
17.	18.	19. Employment/ Education Dinner Group Orientation 11:00	20. Bob Evans	21.	22.	23.
24.	25. Memorial Day Festivities at GH	26.	27.	28. Sears and Movies	29.	30.
31.						

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@cablestpeed.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.

More than 200 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.



Bill, Claudia Gillenwater, Dave Stellberger, Lynn Wertman, Bill Mathis, and Madeleine Graham (all of us leaking water), at a Spartan game.

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:

Tom Roediger
Jaime Podina
Greg Wortley
Jason Brunner
Dave Stellberger
Donna Wortley
Dave Stellberger
Donna Coleman
Lynn Wertman
Madeleine Graham
Dave Shoberg
Drew LaPrise

Brian Moilanen
Bea Eldridge
Cindy Zonca
Mike Leahy
Claudia Gillenwater
Lee Kellogg
Sean McGahey
Jason Evangelista
Jason Brunner

Production assistant:

Lisa Everton

. . . 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

Help Support our Walk-a-thon ! I am donating:

-Look inside your copy of the Genesis Journal to find more information on our Walk-a-thon on page 1.

\$ _____

This is **the Eighth annual** Walk-a-thon for Genesis House. This means that each day in May we walk at lunch time to **improve** our **physical health** and to **promote mental health**. Each year we set our goals higher and higher. This year we are aiming to walk **250 miles**, get **55 participants**, and **raise \$1,200**.

My Name is:

My Address:

In order to do this, we are asking our friends and family to **consider supporting our efforts** by making a donation. All of our generous sponsors will be getting a **thank you** letter which will highlight our progress.

Please send form and check to:

Genesis House
501 W. Grand River
Fowlerville, MI 48836
(517) 223-1393

Join us for a walk in the park



Thank you so much for your generosity!