



Genesis House

Building Community,

Bettering Lives...

Because all Minds Matter

Genesis House

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The Genesis Journal

Volume 18, Issue 1

January 2011

Director's Note by: Lee



It seems like I think this every year, but I can make a strong argument that this truly has been the **Best Year Ever for GH**. We have had better outcomes in every area that we set as a priority:

Wellness, Employment, Education, Community Building, Leadership, Fund-raising and Increasing our Membership.

We will lay out our 2011 specific goals in the next issue of the *Genesis Journal*, but we already know that we will continue to help Genesis House members with the following:

Wellness has been an emphasis with a committee working hard to help colleagues meet their wellness goals. We now have individuals post their wellness goals and progress, and a smoking cessation group meets bi-weekly at lunch time (see page 6 for more details).

Employment remains strong at Genesis House despite the difficult economy. Our members earned an impressive \$97,000 last year through their employment pursuits. For more on employment see the article on page 2.

Education was a strong focus of GH and as a result, we are making great strides. Our culture is changing and we have many role models emerging among our members (more on Page 2).

Community Building we have taken many steps to engage and educate the community about the benefits of Genesis House and to help reduce the stigma surrounding mental illness. This year we presented at Rotary Clubs in Fowlerville, Howell, and Brighton, the Optimist Club, the Fowlerville Women's Club, at NAMI, Eastern Michigan, and Michigan State University.

Leadership and Training – We helped host Mid-States Clubhouse Conference, we helped in the peer review of 9 Michigan Clubs and we represented Michigan at the United States Clubhouse Conference in St. Louis. We hosted both the Executive Director and the COO of the International Center for Clubhouse Development (ICCD) at GH during the year and we had more than 50 colleagues from 10 different Clubs at GH for specific Clubhouse training. We also presented workshops on a variety of topics at the Mid States Clubhouse Conference, the Michigan Clubhouse Conference and at the USPRA conference in Boise.

Fund-raising – It was our most successful year ever, we raised more than \$4,000. In addition, we have secured scholarships for the registration fees for up to 4 colleagues to participate in the 2011 International Clubhouse Conference in Stockholm, Sweden.

Increasing Membership- We have increased from 23 to 27 members per day on average, and this past year was by far our highest ever in terms of total members and hours served.

This is all possible because of an **incredible** and devoted **staff**; members who are willing to work hard to help improve their lives, and the growing number of GH supporters. This includes: our **advisory board**- which expanded both in size and scope; the **International Clubhouse community** whom we continue to learn from and lean on; our **CMH** which has always given us the autonomy, respect and resources that it requires to fully implement the Clubhouse model; and all of the **friends and families of GH**. **We are greatly indebted to the important role that each of you play!**

Growth and Change by Madeleine Graham



Genesis House is in a state of transition with the various units being combined to facilitate a stronger work environment. Members seem to be embracing this new change. Plans continue on how to positively move forward with the new unit structure, including plans to operate with a debit lunch program (see page 4).

On another note, the progress notes have been updated and modified to better meet the needs of

Genesis House members (see page 4).

Also making news, the clubhouse is offering a supportive work atmosphere for furthering education. Some members are currently enrolled in community college coursework. LCC continues to be of assistance to clubhouse members via its monthly meeting (see page 2).

Average daily attendance has increased by approximately 20% for the year, which is a sign the clubhouse is strong.

Holiday Celebration by Bea Eldridge

Every year we have a great Thanksgiving dinner. There is a lot of planning and cooking. Everyone helps with dinner.

We had lots of delicious turkey, pies and great side dishes. We all had a lot of fun sharing this great meal together. Our Thanksgiving meal was November 23rd, Tuesday, at 4:00 pm at Genesis House. This dinner was open to Genesis House members, their family members and the Advisory Board.

We also were open on November 25-Thursday, to celebrate Thanksgiving. The meal and everything was great.

We also had our annual Winter Banquet on December 21, at Cleary's Restaurant in Howell. We had a great meal with much fun in doing our white elephant gift exchange amongst members and staff. Being around fellow members in a setting outside of the Clubhouse was real nice. Everyone had a great time.



Above: Gregg Lutz and Roger Gwizdala are preparing a delicious dessert for Thanksgiving. Below: Greg Wortley provides service with a smile.



Having fun at the Winter Banquet: Above- Mike, Gregg, Dave P., Bill, and Cindy. Below- Brian, Bob, and Joel.



Successful Spaghetti Dinner by Michelle Kozak

On October 21, Genesis House hosted its 3rd annual Spaghetti dinner. We served close to 100 dinners and made \$1,109.66. This was our most successful spaghetti dinner in the history of Genesis House.

I want to especially thank all of the generous donations from Big Boy in Brighton, VG's in Howell, B-line Bar in Howell and all the other great supporters from our Advisory Board.

Besides providing dinner and dessert, we also provide entertainment for our guests. Lee, Mike, Michelle, Joel, Bea and Roger did presentations on a year review: Employment, Education, Fundraising, Community Building and Wellness. It was, overall, a good night and everything went really smoothly.



Advisory Board members Nancy Savage and Leslie Hall enjoying each other company and enjoying their spaghetti.

Fundraising committee

I would like to give a big thank you to the Motz family for their generous donation of \$492.00 from their annual chili cook off. The family decided to donate all the proceeds to Genesis House.

With the (ICCD) International Center for Clubhouse Development conference in Sweden coming up in July 2011, the committee has decided to have some kind of fundraiser to help subsidized the cost of the conference, and to get as many members and staff there as possible. Our next meeting is scheduled for Tuesday, January 11, to brainstorm the best ways to pull off a Winter Carnival event for the community.

Detroit Institute of Arts Social Activity by Linda

Clubhouse members Joel, Linda, Donna, Bill M., Lynn, Ron, and Bea enjoyed a relaxing Saturday social event of culture and cuisine on November 20th when staff members, Greg and Bonnie, and intern, Katie, accompanied them to the Detroit Institute of Arts, followed by lunch in Greek town. The DIA exhibits its art, ranging from ancient Egyptian stone carvings to abstract sculpture and paintings, on three levels of a beautifully appointed building in downtown Detroit. Members spent two hours, independently or in groups, viewing their favorite genres.

Lunch at The Pegasus restaurant in Greektown was a delicious conclusion to the afternoon. Joel ordered an appetizer of seared octopus that he shared all around. Many enjoyed the traditional gyros or butter-tender simmered lamb while others preferred to opt for American fare. Everyone seemed to leave satisfied and happy.

Joel comments of his experience, "I thought the place was extremely big and had lots of interesting art. I thought that, to really get an appreciation for the art, you would have to spend an entire day or two, but I really enjoyed the experience I had in the time allotted." Greg recalls that "I really enjoyed the Gallery of American Art, the Gallery of Romanesque Art, and the Gallery of Modern Art. Both Joel and Linda started out with me but left me in the dust! But I enjoyed myself nevertheless."



Employment Update by: Mike Leahy

It is no secret that 2010 was a difficult year for the economy, but I am pleased to report that employment opportunities at Genesis remained strong throughout the year. The number of Transitional Employment (TE) positions at the clubhouse has remained the same, and we have strengthened our relationships with each of these business partners in many special ways. Most members working Supported or Independent jobs have remained employed as well, and we have seen a handful of members get hired into new, permanent positions. It is encouraging to know that we are capable of weathering tough storms.

The word on the street is that the job market should be recovering, slowly but surely. We will be excited to see this change and we will be poised to make the most of this momentum. Our Employment Commit-

tee is continuing to gain traction. We now have three community members who work at the local MI Works office: Jody Bucholz, Bill Sleight, and Lindsay Buck, and we are currently looking for additional members to join. This committee will help us to identify important contacts at strong companies, so we are looking forward to the additional opportunities this will bring.

The New Year will bring in some big changes for members working two TE positions. Transitions will occur at both the **Asahi Kasei** and **Mail Courier** positions. **Madeleine Graham** will wrap up the end of her time at Asahi, and at that time she will slide into the Mail Courier placement. **Linda** has been selected to fulfill the Asahi placement, and we are looking forward to working with her there.

I also want to Congratulate **Kelly Burton** for recently getting hired to work full-time in an assisted living facility. She is also enrolled to go back to school at Eastern Michigan University to get a graduate certificate in Dementia. We will miss her around the Clubhouse but we are so happy for her success. What a great role model!

We have decided to move our Employment and Education Dinners to Tuesdays instead of Mondays. This event happens every other week from 4:00-6:00, and we use these dinners to celebrate employment and education in several ways. Members share how things are going on the job or how their job search is going, and colleagues encourage and support one another. Educational pursuits are also discussed. We moved the dinners to Tuesdays to give everyone an additional day to plan and prepare for the event.

Education Update by Katie Garvey, Jamie Passinault, & Mike Leahy

This is an unprecedented time for Educational efforts for the membership of Genesis. With one member having recently taken a college class and four others planning to take classes soon, more members than ever are looking at college as a way to reach their goals.

Jamie Passinault recently finished a typing class at Lansing Community College (LCC), Livingston Campus. He writes:

As you already know, I completed my class at Lansing Community College. It was very difficult and challenging for me because it was my very first class to take in a long time. I recommend members get out there and at least try new and different things. It was so hard for me because I suffer from anxiety attacks. Every night I went to class, I had problems with fingers shaking on the keyboard and an uneasy feeling, but I kept going until I finished my classes, and now I'm a much better typist because of it.

That's why I recommend every member step out of their bounds to try new things.

It would seem that several other members have taken his advice. **Bill Mykolajenko** has been accepted at Schoolcraft college and he plans to take an electronics class there that starts this Spring. Between his TE efforts and now school, Bill has done a great job of pushing himself to reach his goals. We applaud his efforts and we will continue to support him through his educational pursuits.

Another member, **David Crandall**, has been working extremely hard at fulfilling all of the requirements for applying and enrolling to college. David is now all set to take three classes at LCC. He is pursuing an associates degree in computer repair. This is a courageous step that we are confident will pay off for David, and again we will be

here to support him the whole way through.

David Prain is another member who will be attending LCC this spring. He has enrolled in a Microsoft Word class. He hopes to increase his computer competency, then to take additional classes at LCC that could transfer back to Eastern Michigan University. His dream is to finish his Bachelor's degree there, and it is awesome to see that he is taking the first few steps down that path.

Matt Ledwidge has also been working hard to apply for financial aid. He recently completed the FAFSA with intern Karen Newman, and he expects that he will be awarded the full Pell Grant. This will go a long way in helping him to enroll in classes and fulfill his dreams.

GENESIS EDUCATION ALL-STARS:



Jamie Passinault



Bill Mykolajenko



David Crandall



David Prain



Matt Ledwidge



We want to thank our interns for all of their help on the education front. Both **Karen Newman** (left) and **Katie Garvey** (right) spent a lot of time working side by side with members to help them get financial aid, apply to the colleges, and help them register for classes. Karen and Katie are instrumental in all of these educational success stories.

Unit Consolidation Committee Update by Mike Leahy and Jason Herman

The New Year will bring in some crucial changes to the way we organize the work here at Genesis. After many meetings, proposals, handouts, and discussions, we have finally come to consensus on a proposal known as "IB". In this proposal, the current Employment and Administration Unit (EAU) will merge with the Clerical Unit, and Banking will merge with Sunrise Café.

Lee will work as a generalist on both units, and this will help us to have at least 2 staff on each unit for every day of the week. Our newest phase of the process is to have everyone involved in each of the new units to meet and have brainstorming sessions about details of their new unit. We are tentatively calling the EAU/Clerical merge the "East Unit" and Banking/Sunrise is the "West Unit". This allows each new unit more freedom to choose a new unit name based on their new identity.

The unit change will officially start on January 3. We have enjoyed the consensus process that brought us to this decision, and it allowed us to hear and incorporate opinions and ideas from everyone in the Clubhouse.

Jason Herman, a co-chair on the Unit Consolidation Committee said, "The whole process went really well. I think combining the units actually helps us to have more staff for each unit. If a staff is sick or at a meeting, they have a backup in place. The process of brainstorming together worked out well for us."



For our Unit Consolidation discussions, we met in the Clerical area so that we could have plenty of room. These photos illustrate the left and right sides of one of our formal discussions. We were pleased to have so many voices on the matter.

Goals and Progress notes by Melodie Fortson & Claudia Gillenwater

Our first Progress note meeting was November 9th, and there was a lot of participation during the discussion about the process of doing progress notes. We had a second, follow-up meeting on November 30th. Many members stood up and shared examples of how to do the progress notes and explained how they are important.

Progress notes help with recovery and structure with your goals like wellness, employment, and more. We are making sure members are doing their notes every week. Staff are also writing on the goal sheets about our progress on a monthly

basis. The staff have worked very hard to make sure our goal sheets are filled out. It gives us members a real sense of accomplishment.

We have really come a long way about doing our progress notes. It really is a benefit to all of us to do the progress notes.



Mel Fordson (left), Bill Mullaly (center), Lynn Wertman (right) are seen here updating the weekly and monthly sections of the famous yellow progress notes.

Remembering Bob Hill By Melodie Fortson

We regret to notify our readers that Bob Hill passed away September 7, 2010 at the age of 65.

He will be greatly missed at Genesis House where he was a long time alumni member. He spent the last several years of his life in Deltona, Florida, but he always made a point to visit his friends at Genesis when he was back in town.

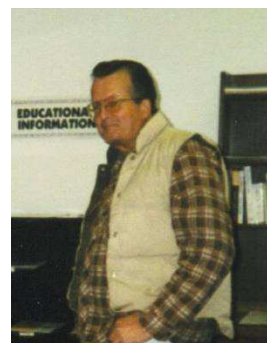
I knew Bob for a long time and we attended many support groups together. He always was willing to help anyone that needed it. I will miss his smile and his wonderful personality.

I asked a few members about their memories of Bob.

Deb Wendell said, "He had a strong belief in the lord. He also volunteered for Habitat for Humanity in Florida."

Sam Roach said, "Bob was hopeful that the good of society would overcome the adversities of the future." Bob was Sam's Sunday School teacher in Howell back in 1976.

Madeleine Graham said, "Bob also was a dedicated teacher and a personal friend. He shall be missed."



This picture of Bob was taken back in 1998 at the old Clubhouse. He will be remembered as a very kind man who cared very much for his friends at Genesis.

New Faces By Joel Gaudette, Cindy & Linda

Linda

New member, Linda, was born in Jackson, Michigan, but currently lives in Howell. Linda has several hobbies, including reading, antiques and canoeing. She currently works on the Employment and Administration Unit and loves the opportunity to work both independently and

a group, as well as to participate in the various committees on the Unit. She feels the work-ordered day at Genesis House is a great opportunity to maintain or enhance her skills for eventual use in the workplace.

Linda describes the atmosphere of Genesis House as very warm and supportive and

filled with camaraderie and laughter. She looks forward each day to interacting with staff and members and sharing in the activities and laughter. She feels able to be herself at Genesis House and believes the atmosphere helps in her recovery by providing a sense of purpose.

Idelle Naumowicz

Idelle Naumowicz, was born in Ann Arbor but has lived all over Livingston County. Idelle has several hobbies, including the outdoors, reading, working puzzles, and sports (Red Wings hockey is her favorite). She really enjoys being with her friends and family. Idelle currently works on the Sunrise Café Unit and will continue to work there after the new units are configured. She likes cooking and enjoys creating new recipes, as well as the other tasks on the unit.

Being at the Clubhouse gives her a sense of freedom, a chance to get out of her house rather than to sit home de-

pressed. She feels comfortable here, enjoys the atmosphere, describing it as down to earth where she has fun much of the time. At the Clubhouse there is a work-ordered day, and she enjoys taking part, is considered a hard worker and feels that her opinions matter. She feels that her surrounding at the Clubhouse help in her recovery; when there she is not as depressed or uptight, is more focused and, as a result, more active.

Idelle (right) is seen here at the Halloween activity with Laura Southwell. Her creative costume was the mascot from Kellogg's Raisin Bran (hence the two scoops!).



Kristin Schultz

New member, Kristin Schultz, whose pastimes include hanging out with friends and family, singing and reading the Bible or magazines, was born in Southfield but now resides in Brighton. Her family includes two younger sisters. Kristin has chosen the Sunrise Café as her work unit because she enjoys cooking, interacting closely with others and having fun. Kristin feels the atmosphere at Genesis

House is really nice: "I like it here; I feel able to be myself." She finds the work-ordered day to be a good thing, helping to keep her busy while offering flexibility in work hours. The atmosphere at Genesis is definitely helping in her recovery, according to Kristin, and she is hoping to increase her hours at the Clubhouse in the future. She hopes to be attending at least two days per week.



Personal Spotlight: Madeleine Graham by Claudia Gillenwater

Madeleine Graham, club member at Genesis House, has made outstanding progress as a member. She has done a Transitional Employment at Asahi Kasei and has excelled in her skills there.

Asahi Kasei is a plastic material company which makes acrylic and poly carbonate material for plastic parts.

Madeleine is a former teacher. She is a great leader, patient, and kind, and a great role model for the Clubhouse. Madeleine is looking for other employment, as her job at Asahi Kasei will be ending.

Madeleine recently received the Out-

standing Participant Award at the annual Michigan Works! ceremony. She said, "I am very pleased to have received it, and I feel it is an honor."

Madeleine would be a good employee for any job, has eagerness to learn, and she has excellent job performance. Keep up the good work, Madeleine!

Madeleine (center right) gets her picture taken at the recent MI Works award. Politicians Cindy Denby (left), Bill Rogers (center left), and Debbie Stabenow (right) assisted in handing out her award.



Wellness Committee Update by Laura Southwell and Roger Gwizdala



Greetings everyone! The Health and Wellness Committee continues to go strong in generating ideas to improve the overall health of Genesis House. We have had the great pleasure in having Katie Garvey, our Occupational Therapist Intern from EMU, work with us since Sept. 2010 and share her wonderful ideas in ways that we can keep healthy at our clubhouse. Katie suggested that members who choose not to walk outside after our daily lunches, do alternative exercises inside the clubhouse such as: bouncing a rubber ball with a racquet, playing hacky sack, jumping rope, doing sit-down exer-

cises in our chairs, meditation/yoga, etc. This is something we plan to follow-up on, as it is always good to have lots of options when it comes to keeping healthy and having fun doing it!

We continue to work on our personal health goals at the clubhouse and outside of the clubhouse. As you may recall from our previous article in the *Genesis Journal*, members and staff have selected a goal(s) of their choice (ex: increase physical activity, improve nutrition, decrease or quit smoking, and decrease weight). Everyday after our house morning meeting, a member or staff's number and goal is randomly selected from a bowl and that person is encouraged to share his/her progress toward the goal. If the person is not present at the meeting, we encourage and support that person to keep up the good work in working on their goal.

We feel that ongoing support and encouragement is crucial and motivating in helping us to achieve our health goals.

The Smoker's Cessation Support Group continues to be held x2 per month on Fridays for approximately 30 minutes after lunch. Roger Gwizdala, a member at Genesis House, continues to lead this support group with some assistance from our amazing Social Work Intern, Karen Newman from MSU. Lots of educational information about the health effects from smoking is presented, with group dialogue on their progress in decreasing their smoking. Nice job, Roger and Karen, in all the hard work you put into this well-needed support group in helping members quit smoking!

MAC Meeting by Bea Eldridge & Jerry Hernandez

Lee Kellogg, Jerry Hernandez and Bea Eldridge attended the MAC meeting in Traverse City, Michigan, on October 29th, which we thought was well attended from different clubhouses. Wording was changed and updated in the bylaws. Summer Ber- man was assigned responsibility for the MAC web-site. Also brought up as an example was raising the dues, which hasn't been brought up in a while.

Lee and Jerry spoke on their experience at the United States Clubhouse Coalition

(USCC) meeting in St. Louis this past September. Clubhouses from the mid-west and east were well represented at the meeting. Many issues were brought up and decisions made concerning support and financial resources for struggling clubhouses.

Traverse House in Traverse City hosted the event, which we thought was well organized and friendly. They put on a good lunch of pulled pork sandwiches, buck-eye cookies, and chocolate chip cookies.



The front entrance to Traverse House.

Advisory Board Update by Michelle Kozak

Genesis House has put a lot of energy into maximizing our community resources in the efforts of the Advisory Board. In the last year, we have made some awesome additions to our Advisory Board.

The new members are Judge Carol Sue Reader, Undersheriff Mike Murphy, Fowlerville Postmaster Gabe Fields, CMH Customer Service Representative Leslie Hall, and LCC Academic Advisor Barb Line.

The Advisory Board consists of Clubhouse staff, Clubhouse members, and community members. The meetings take place during lunchtime so that the Clubhouse members and Advisory Board members can interact with each other.

Back in January, we decided to use the Advisory Board members' skills even more by creating five committees consisting of fundraising, wellness, education, employment, and community building. The committees are meeting monthly and have an Advisory Board member and a Clubhouse member that are co-chairs. Co-chairs are responsible for putting the agenda together, running the meeting, and making sure things get done in a timely manner.

We're still working on taking pictures of the entire Advisory Board. So far we have pics of Nancy Sauvage (Top), Gabe Fields (Middle) and Barb Line (bottom). More pictures to come soon.



Leadership Training by Lynn Wertman & Sean McGahey

We're nearing the end of our second round of Leadership Training. We five were involved as the trainers: Jerry Hernandez, Donna Coleman, Bea Eldridge, Lynn Wertman, and Barb Spalding.

This is a nine week course and at each session we are joined by 4-6 fellow consumers and family members of consumers.

The three main topics were personal leadership, community leadership, and political leadership. Here is what some of the trainers had to say:

Jerry Hernandez said: "I think the training is really good for people. I think it builds discipline, and patience. Well, if a person comes in and may not have a lot of confidence in herself. I think its good for the people who are being taught and good for the person conducting it. I think it builds organization skills and it allows meaningful word exchanges. It builds meaningful relationships and gets to the center of what you're trying to accomplish.

It builds self esteem and understanding within a group. What I try to accomplish is a positive environment for the entire group, and a keen understanding of the objectives."

Donna Coleman said: "What I liked about Leadership? It's great!!! I learned more each time I went to classes. I learned new things every time I go over this. I have learned how to speak up for myself. I've learned this since I was 11 years old. When I got to the point of being 18, nobody could shut me up."

Bea Eldridge said: "Once I started going to the meetings, they were really great. I have learned how to speak in front of people, it helped my speaking in their presence. The more I take the Leadership Training, the more it helps me get over my shyness. I would take the class next time, too, if there was a class, because every time I get over my shyness, it helps me be around people, allows me to

speaking what I want to say. I like it because it teaches me how to be a leader, something I always wanted to do. Each time I have the class I learn something new, talking to people and to learn how to talk in front of people without being nervous."

Lynn Wertman said: "Once I started going to the leadership meetings, I wanted to talk to people so I could go over what I thought about things. I wanted to shout out things, something I would never do, just to get my thoughts across to people and let them know what I was thinking of. My purpose was to get all, or as many members as possible, to get into talking about leadership and what they would do. My goals would be to make excellent decisions, to generate enthusiasm about clubhouse. The purpose of facilitators is to brainstorm, to get all involved, and to gain consensus from the group."

Congrats Lee!
 Lee received the **Outstanding Professional Award** at the annual ceremony held by Livingston County MI Works.
 He is pictured here (center right) with State Representatives Cindy Denby (left), and Bill Rogers (center left) and US Senator Debbie Stabenow (right).
 He was given the award for his 12 years of dedication to the Clubhouse and his effectiveness at creating opportunities for members.
 (Written by Mike)



SPECIAL THANKS

To the following Genesis House members, friends & staff who were instrumental in the production of this 134th issue of *The Genesis Journal*

Special Contributors:

- | | | |
|------------------|---------------------|------------------|
| Madeleine Graham | Claudia Gillenwater | Sean McGahey |
| Mike Leahy | Joel Gaudette | Lynn Wertman |
| Katie Garvey | Laura Southwell | Cindy |
| Jamie Passinault | Roger Gwizdala | Idelle Naumowicz |
| Bea Eldridge | Jerry Hernandez | |
| Michelle Kozak | Lee Kellogg | |
| Melodie Fortson | Linda | |

Production assistant: Lisa Everton

... And special thanks, as well, to every member of **GENESIS HOUSE**
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The Genesis Journal

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