



Genesis House

Building Community,

Bettering Lives...

Because all Minds Matter

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The Genesis Journal

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May – June 2010

Director's Note by: Lee



In the last edition of the Genesis Journal, I wrote about the momentum of Michigan Clubhouses. Since that edition, many more positive developments have taken place.

In March we had a very well attended **Michigan Clubhouse Conference**. The highlight of the Conference was our distinguished guest **Jack Yatsko** from the **ICCD** (see article below & page 3). Jack's energy, experience and passion for Clubhouse was clearly evident in his keynote presentations and workshops. He also packed in visits to GH, **Fresh Start** and a breakfast meeting with our MDCH Clubhouse Liaison **Su Min Oh** and her boss **Patty Deegnan**. Jack's efforts were well received by all who came into contact with him and left us recharged.

We were also very motivated by **Lori D'Angelo's** skillful leadership in our second Michigan Club **Director's Intensive**. Lori hails from **Magnolia Clubhouse**, a wonderful Club in Cleveland, and she facilitated a panel discussion on Club director issues. Lori stated, "It was great to be a part of Michigan's large state Clubhouse movement." She commented on the tremendous opportunity we have.

Lori came to Michigan straight from **Fountain House** in NY where she was helping with the newly developing **United States Clubhouse Coalition (USCC)**. The USCC is being formed to **secure ICCD-certified Clubhouses' long-term existence**. The four pillars of the coalition are: To develop relationships with advocacy groups; to help states develop and

promote ICCD-certified Clubhouses; to organize and disseminate research; and to list funding streams and strategies to access them. Lori is chairing the **Evidenced-based research committee** and during her time in Michigan she was introduced to our Michigan researchers and friends, **Dr. Esther Onaga** and **Dr. Francesca Pernice-Duca**. Since this meeting, both Esther and Francesca accepted an invitation to Fountain House in June for research dialogue and coordination.

We are delighted that **Andy Ulrich**, the director of **Club Cadillac**, has been accepted as an ICCD faculty member and will be attending Faculty training in NY this month. This gives us another strong tie to the best Clubhouse practices around the world.

News of the serious funding issues that our Indiana Clubhouses are challenged with is another example of just how important it is to have strong coalitions. At one point it looked as though 16 of the 17 Indiana Clubhouses would not be able to survive as Clubhouses. Through serious advocacy efforts, Certified Clubs in Indiana will be able to receive funding through Medicaid.

The **MAC meeting** in Petoskey (see page 3), coming on the heels of these developments, was both focused and energized. It was the most productive MAC meeting that I have been a part of. Our statewide coalition is becoming stronger and at a most critical time.

The ICCD's Associate Director visits GH by: Michelle Kozak



On March 25, Genesis House had a **special guest** all the way from Hawaii-Jack Yatsko, Associate Director of the International Clubhouse Center for Clubhouse Development (I.C.C.D). Jack was in Michigan for a few days. He came to Michigan to be a key note speaker for the Michigan Clubhouse Conference on March 24, at the Radisson Hotel in Lansing Michigan.

His keynotes focused on relationships in the Clubhouse and Clubhouse development around the globe. While Jack was in town, Lee, Jack and Dana, the Michigan Clubhouse Training Coordinator, went for a breakfast meeting to meet with some staff from our local MDCH (Department of Community Health). After visiting with DCH in Lansing, Lee, Jack and Dana came to Genesis House to meet with our members. When Jack arrived I gave him a tour of the Clubhouse. The members and staff were really excited for Jack to come and visit GH. They

then joined us for a yummy lunch and our daily mile walk right after lunch. Shortly after the walk Lee, Jack and Dana left to visit Fresh Start Clubhouse in Ann Arbor. Jack is an **awesome person** and he gave us a **lot of motivation** during his visit to Genesis House. We are looking forward to Jack visiting us again the next time he is in Michigan.



A group of members and staff pose for a picture with Jack Yatsko.

Employment Update by: Mike Leahy



Since Mental Health Awareness is this month's theme, I want everyone to be aware that **securing employment options for clubhouse members continues to be a crucial focus** both locally and nationally. The statistics tell the story. Nationally, the rate of employment for adults with mental illnesses is as low as 15%, while about 70% of this population has a desire to work. We also know that employment is a critical step for many people in their recovery from mental illness.

We are proud to report that our own statistics are better. Even in this difficult job market, about **one in every three Genesis House members is employed**. Our desire to work percentage is also higher, because the Clubhouse environment promotes a culture that values work.

Many changes have taken place at our Transitional Employment (TE) placements recently. We are proud to announce that **Jon Welter (Jr.)** is the newest Mail Courier. Jon has had a great start. He learned the job quickly and he has been very dependable. He took over for **Claudia Gillenwater**, who demonstrated outstanding tenacity in completing her nine months at the position.

Another transition occurred at the **Centurion** placement. We congratulate **Rick Paulen** for his efforts and for giving work a try after 12 years of unemployment. By completing 3 months of TE, he demonstrated to himself and to us that he is on track to re-enter the workforce in the near future. **Charlie Craze** took over for Rick in mid-April, and he is doing an outstanding job.

We are also happy to announce that there is lots of great momentum happening for our new Employment Committee. **Jody Buchholz**, advisory board member, and **Lynn Wertman** are the co-chairs. We plan to recruit additional community members to the Committee, and we also plan to come up with a list of the top 8 local employers. We will then move to secure TE placements with each of these prestigious employers by using our contacts. I am excited about this process, and I am confident we can achieve our goal of 2 new TE placements before the end of the year.



Left: Jon on the mail courier route.
Right: Charlie working hard at Centurion.

Education Update by: Dave Prain & Alex Melody



DAVE: "I am **very thankful** to have the opportunity to work with my friend Alex Melody on education and going back to college at **Lansing Community College.**"

We have been working weekly for about 3 months in preparing and gathering information for my return to college at LCC. There have been many steps taken and research has been done to be prepared as possible for returning to school. There have been some specific, important steps taken, mainly regarding finances. One of the most important things that we have worked on is applying for and preparing the F.A.F.S.A

Filling out the FAFSA has been slightly tedious and long however, it has also been fun. Filling out FAFSA has been fun because it brings back a lot of very fond, warm memories from going through this procedure for when I attended Eastern Michigan University. Its nice to look back on such a good time and to get **excited that I can return to a collegiate career.**

We also researched classes that are available at the Livingston county campus. We looked at many classes regarding social studies and computers. I was excited to find a Microsoft word class that I will be attempting to take this summer, on Monday nights every week. Another very fun activ-

ity that we engaged in was driving to Campus. Alex and I took a trip where I drove from my apartment and felt out the drive to where I would be taking classes. This was a fun and inspirational trip that went very well. Once I hear more back from FAFSA I will register for classes.

ALEX: "**I have been honored to work with Dave** on his FAFSA and the entire process involved with getting him back in school. Dave is a very strong individual and I have full faith in his ability to achieve his goal of returning to school as well as one day receiving his bachelors degree."

Walk-a-Thon Update by: Lynn Wertman & Dave Prain

To our friends, and families, and community, we'd like to invite you to walk with us during the month of May. We walk for Mental Health Awareness Month. Walking is good for both mental and physical health.

Our **goals for 2010** are to have **60 participants** walk in the walk-a-thon fund raiser and we are hoping to log **270 miles** of walking during the month of May.

Our goal is **to raise \$1,300.00**. We seek our donations from friends, family, and

the community.

Sean McGahey comments, "I think it's a good idea that we at the Clubhouse all stay physically fit."



David Prain agreed, stating, "**We encourage others to walk with us and support Genesis House**, the walk-a-thon, and fund-raising for the entire month of May. If you would like to join us please come to Genesis House."



Here are some recent pictures of Genesis House colleagues on the walk.. Come and join us!!!!

Michigan Clubhouse Conference by: Laura Southwell



On March 24, 2010, Bea Eldridge, Lynn Wertman, Michelle Kozak, Donna Coleman, Lee Kellogg and Laura Southwell attended the Michigan Clubhouse Conference in Lansing, Michigan. Many clubhouses throughout Michigan gathered at the Radisson Hotel for a day full of great workshops held by different clubhouses.

Jack Yatsko, the Associate Director from the International Center of Clubhouse Development (ICCD) was the keynote speaker. He captured everyone's attention by his intriguing presentation on the importance of relationships inside and outside of the clubhouse in maintaining a healthy recovery. A clubhouse member also shared her recovery

story, which clearly touched everyone's hearts in the room.

After the keynote presentation, we broke up into four different workshops in the morning which Bea, Lynn, Leslie Hall (Customer Services from LCCMH) and Dr. Francesca Pernice-Duca from Wayne State University presented on: "Helping Your Parent Agency Know How Important Clubhouse Is." Following the morning workshops we gathered for a very delicious lunch and got to mingle with our fellow Michigan clubhouse colleagues. Once lunch was completed we broke up again into four different workshops where Lee and Donna presented with colleagues from Petoskey Club and Jack Yatsko on: "Clubhouse Certification." Michelle, Laura, and our colleagues

from Crossroads and Petoskey Club presented on: "Effective and Efficient Clubhouse Meetings." It was an exciting time had by all in presenting and attending these very fulfilling and informative workshops!

Dana Barber, Michigan Clubhouse Training Initiative coordinator said, "I think the conference went really well I appreciate Jack Yatsko and Lori D'Angelo with all the preparation that they did for the conference. The keynotes were inspiring and encouraging and it was great to have all our community together. I would like to thank all the panelists for their preparations for the workshop."



MAC Meeting by: Bea Eldridge



On Wednesday, April 28th through Thursday, the 29th a Michigan Association of Clubhouses (MAC) meeting was held at Petoskey Clubhouse. At 5:00pm, a training committee meeting was held. They discussed the one day conference and the member leadership retreat. At 6:00 pm, they did reports and further planning on the Mid-States conference. This was done by the Mid- States steering committee.

On April 29th at 10:00 am, Genesis House did talk about speaking to our agencies, then we broke for lunch. From 1:00 to 3:30pm, we had our general meeting. There was a lot of clubhouses there, they were talking about new business, the camp-

ing trip, and all of the clubhouse news while Dana Barber gave her committee updates.

Genesis did talk about the sponsorship of the Walk-A-Mile event. They made a decision on whether to pursue the tax exempt status. They had the 2010 Mid States committee report. Some of the MAC decisions were: Clubhouses will have the same 3 representatives at each meeting, meetings will now be every month, and we will meet in a central area eight times per year, with regional meetings each quarter.

I really loved going to the MAC meeting. I enjoy all of the clubhouses and meeting the members. Everyone is so friendly. It's nice to see how they make all of the

decisions. I feel they made some good decisions. It went very well.



The Genesis House representatives take a break at the waterfront in Petoskey

Mid-States update by: Michelle Kozak

As we get closer to the Mid-States conference coming up in August, there has been lot of talk about what topics should be available. The steering committee is hoping to focus on these plenary topics, which are as follows: Welcome Plenary, Recovery Stories, Advocacy/ Mental Health Parity, the Work-Ordered Day with Employment, and lastly, Getting into our Larger Communities.

The conference is being held at the Marriott in Troy, Michigan, from August 30 to September 2, 2010. To help minimize the cost of the conference, D.C.H. (Department of Community Health) is sponsoring two colleagues from all 43 Clubhouses in the state of Michigan.

Besides meeting other members and staff from different Clubhouses from

the region, it is also a great learning opportunity. It is a chance to get the best ideas from other Clubhouses and then implement those ideas at your own Clubhouse.

As the time gets closer, we are going to need more Michigan Clubhouse help. To help plan the conference, please feel free to check out the Mid-States website at www.genesisliv.org/Mid-States2010.htm to see who to contact from more information.

Dana Barber, Michigan Clubhouse Training Coordinator, states, "The conference is really going to showcase the community of Michigan Clubhouses in their effort to coordinate this special event. I think that the overall preparation for the conference is coming together really well.

As the time gets closer we are going to need more help from Michigan Clubhouses to pull off this exciting event."



9th Mid-States Clubhouse Conference
Troy, Michigan August 30th- September 2nd, 2010

Committee Updates by Gabe Fields and Roger Gwizdala

Fundraising Committee By Co-chair Gabe Fields

Hello to everyone and greetings from the Fundraising Committee, or as I like to call it 'The FUNdraising Committee.' It has been a busy couple of months for the committee but my Co-Chair Michelle Kozak and I thought it would be great to take a few moments to update everyone about what the committee has been up to.

The FUNdraising Committee was formed at the Advisory Board retreat held on January 22, 2010 and had its first meeting on February 26, 2010. At the first meeting, the roles of the Committee Co-Chairs and Committee Members were decided upon as well as two important principles that the committee will operate by; our Mission Statement and our Vision. The Mission Statement of the Genesis House Fundraising Committee is, "To help develop and reach fundraising goals by maximizing our community resources." And the

Fundraising Committee Vision is, "Fundraising activities will be conducted in accordance with the core Clubhouse values including Dignity, Respect, Wellness, and Member Involvement."

The second FUNdraising Committee meeting was held on April 7, 2010. The purpose of this meeting was to plan fundraising activities for the 2010 Walk-a-thon scheduled in May. Our **revenue goal** for this year's **Walk-a-thon is \$1300.00**, our participant goal is **60 people**, and our miles walked goal is **270 miles**. These goals are all higher than what we did in 2009, so **we will need everyone's help** to reach them. Donation sheets to give to friends and family are available at the clubhouse and on the back of this *Genesis Journal*.

The next meeting of the committee will be held on May 20, 2010 at 11:30 AM at Genesis House. I know that together we can reach all of our goals for the Walk-a-thon and make this important fundraiser more successful than ever.

"Individually, we are one drop. Together, we are an ocean." Ryunosuke Satoro

Wellness Committee By Co-Chair Roger Gwizdala



The Wellness Committee has a **goal of making better health for all clubhouse members.**

We have had a guest speaker in for a presentation on which medicines cause weight gain. Plus we had Nurse Mary give presentations on the benefits of quitting smoking.

Exercise is important to the health of clubhouse members, so we went over simple daily exercises people can do to improve their health. The wellness committee meets every month and is open to all people. I **enjoy** being on the wellness committee because it **gives me a good feeling** to help others.

Genesis House Advisory Board Update by: Lynn Wertman



Our last Advisory Board meeting was on April 20th, and we had a great luncheon with a lot of discussion on various ideas and thoughts. It was our second lunch-time meeting, and we did this so that Advisory Board members can interact with clubhouse members.

We have two fabulous additions to our Advisory Board. The first is **Judge Carol Reader**, from the 53rd District Court and the Intensive Treatment (IT) Court, and **Barb Line, of Lansing Com-**

munity College – Livingston Campus. Judge Reader and Barb Line will **add a tremendous value to the Board**; we are excited to welcome them.

In terms of recruitment, Lee is going to approach local church leaders and Dave Teggerdine was working on someone to come from the local Sheriff's office.

Various committees have been meeting and giving reports to the Board. These committees include: Fundraising, Public Relations, Education, Employment, and Wellness. To learn more about the Fund-

raising Committee, see the articles on pages 2 and 4. To learn more about the Employment Committee, see the article on page 2. The Wellness Committee met on April 30th, and they discussed methods of helping members quit smoking and set goals around this initiative.

Our next Advisory Board meeting will be May 25th at 11:45. **Lee says, "The Advisory Board is stronger than ever."**

March Madness Recap by: Leroy Chips

As has become the custom during the month of March, Genesis House once again supplemented its usual routine of work with the annual hosting of "The Genesis House Invitational"—a basketball pool for the NCAA men's basketball tournament. Competition was stiff as a whole host of members, staff, and friends sought to unseat the reigning champ and perennial favorite: Genesis clerical unit coordinator, Greg Wortley.

For four years straight, Mr. Wortley, better known in these parts as "the champ," has dominated the G-House Invitational brackets. And as the March madness progressed, all indications were that this year would be no different. But, lo and behold, in the final

stretch of the tournament, just when "the champ" was preparing to accept another round of accolades, our friend Bob Camp—ICCD faculty member from Breakthrough Club in Wichita, Kansas—came out of nowhere to blindsides him and steal a fifth consecutive victory from his clutches. It was a stunning finish to a decidedly exciting tournament—and all a bit humbling, to say the least, for Mr. Wortley. But given his characteristic courage and usual valor, he is sure to heal from the defeat. And before we know it, 12 more months will have lapsed and the Genesis community will be back at the brackets . . . but until then, hats off to our good friend

Bob Camp—The 2010 Genesis House Invitational CHAMPION!



Bob Camp, Breakthrough Club Staff & ICCD Faculty Member

GH Member Michelle Kozak Now Serves on the CMH Board by: Lynn Wertman

Participants from Genesis House and the CMH community made a wise decision this week. They were looking for one person to be nominated to the **Community Mental Health Board of Directors**. CMH has selected **Michelle Kozak** to become the newest board member.

In talking to Michelle, she stated that for a long time she just sat in her room and did nothing. After thinking about what she wanted to do, she thought she would make a good voice for the clubhouse and other members. Michelle began by becoming involved in Genesis

House and advanced to being a leader for Clubhouse. Both Lee and Leslie Hall also felt that Michelle was very **energetic**, had **lots of initiative**, and would **follow through**. Michelle advanced in that she felt she could help by being part of the CMH Board of Directors. She has put much thought into it for a long time, and the opening, luckily for all the members of Genesis House, came about.

Michelle is really committed to clubhouse and will make us all proud. She hopes to achieve making sure that all consumers get quality services. She will also assure that money is spent wisely, and that all our services are up to quality. Michelle will

be a voice for not only the Genesis Clubhouse, but also for other clubhouses throughout the area.

Congratulations! Knock 'em out!

My Peer Support Certificate

By: Donna Coleman

On Thursday, April 29, 2010, I went to Lansing to get my Peer Support Specialist Certificate. My Mom and Dad went with me. I waited for this day to come. It was the third time taking the test. I was a little nervous before they called me. I was very happy when they called me to tell me that I passed the test. I had a good time.



Genesis Intern Graduates by: the Sunrise Cafe

The **Sunrise Café** has had the honor in having **Alex Melody**, our student intern from MSU work with us at Genesis House since the latter part of October 2009. We are sad to see him go, as he has been such a **great asset to our unit!** **We wish him all the best** with his further schooling and his career in social work.

The following are questions we asked Alex about his internship experience at Genesis House:

How do you feel about the clubhouse?

Alex: "I like the clubhouse a lot. I think it's a great place where there is a lot of opportunity for everyone that comes here. **It's a very positive and productive environment.**"

What has been the biggest challenge for

you since doing your internship here?

Alex: "Working out the lines between working on a professional level and being friendly with everyone."

What are your biggest strengths that can contribute to helping people with mental illness?

Alex: "I feel as though I am an extremely open-minded person and able to meet anyone where they need to be met to help them best. I am very flexible which allows me to adjust to most situations. I think I am compassionate, understanding, and caring about people's needs."

What do you feel you have learned from being at G.H.?

Alex: "I've learned a lot about the different dynamics that there is no one way that a person can experience a mental illness. I've also learned a lot about the strengths-based approach."

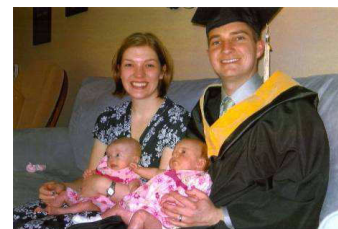
their eyes. I just like just spending time with them," stated Mike. "Cara is a wonderful mom and we're looking forward to our first Mother's Day as a family," noted Mike.

The new parents don't get much sleep at night, only four to six hours. Mike says his time changing the girls is improving; initially it took him 37 minutes! Once again congratulations to the new parents.

Mike Leahy's Graduation from MSU

After three long years Mike Leahy with a wide smile upon his face was pleased to announce that he is **graduating from Michigan State University's Masters program in Social Work**. Mike participated in internships with the administrative team at Community Mental Health, and Carefree Medical Clinic in Lansing. Mike logged 480 hours per year for his internships while also handling his duties as Employment Coordinator at Genesis House.

Mike will don his cap and gown May 7, 2010 at the Breslin Center in East Lansing. Cara is extremely proud of Mike and was very supportive through all of, "my hard work and late nights." "I've always given Genesis House 100% of my energy, but I was also giving my degree 100%. I look forward to giving Genesis House 200% of my energy again," stated Mike.



Mike, Cara, Margaret and Caitlyn pose for a picture after Mike's graduation ceremony.

GH Staff Mike Leahy has Reasons to Celebrate by: Madeleine Graham



Mike and Cara Welcome Newborn Girls

Genesis Employment Coordinator Mike Leahy and his wife Cara welcomed the arrival of **beautiful twin girls** on March 10, 2010 at Sparrow Hospital.

Margaret Louise Leahy weighed 4.5 oz. and was 18 inches long and **Caitlyn Christine** Leahy weighed 6.5 oz. and was 18.5 inches. The girls spent two weeks in the hospital and Mike noted it was nice to now have everybody under one roof. "The best thing about being a dad is holding the kids and looking in



Dave Prain (left) & Alex pose together for a pic on Alex's last day

Research Update by: Madeleine Graham

Recently **Francesca of Wayne State University**, College of Education, provided an overview of "The Clubhouse Recovery Project." The clubhouse model remains pretty much a word of mouth, noted Francesca. She offers six ways for **auspice agencies to support clubhouses**.

First, get to know your clubhouse by participating in social activities, house meetings and the work-ordered day. Secondly, she urges that agencies be budget conscious to note potential problems before they occur. Third, that agencies promote the Clubhouse services to the com-

munity. Fourth, to develop relationships between auspice and Clubhouse that are healthy, balanced and supportive. Fifth, she urges agencies to support the staff who support the consumers. Sixth, that there be organizational support for ongoing training, consultation, and performance feedback.

Following these objectives results in benefits such as: **Cost effectiveness, reduced hospital stays, fewer incarcerations, better employment results and improved well-being.**

Town Hall Meeting by: Bea Eldridge

May is going to be another busy month; there was a Town Hall meeting for CMH on Tuesday, May 4. It was a very good meeting and well put together. There was a lot of good things said about CMH and Genesis House. Michelle said "It was really awesome to see all the people there. As a board member it was a really positive and uplifting experience to hear all the positive things that consumers and their family had to say. I feel at the town hall meeting everyone's voices count!"

The meeting is so all of us can say what we don't like about our services and to say what we like, recommendations and about

improvements about our services that we receive.

Our MC's, Lynn Wertman and Dave Stellberger, did a very good job. There were a lot of good things said about Leslie, Mac and CMH. Everything there was positive about our services at CMH.

One person got up and said we need more help for children with meds and school. There was a lot of talk about our women's group. There will be cuts, we as people need to do something. It will be hard, but I have faith we will make it.

We had a very good meeting and a very big turn out. Thank you everyone.

Walk-a-Mile by: Melodie Fortson



On Tuesday May 11, Genesis House went to the Walk a Mile in My Shoes event. The Walk a Mile event takes place at the capital building in Lansing. This is an **advocacy** event for Mental Health Awareness Month. Men and women who are receiving CMH services from all over the state were there to inform their legislators about important issues. **Promoting** mental health wellness is important to everyone.

Lynn said, "It was soggy, I had mush in my shoes! But we had fun. I enjoyed listening to all of the speakers, they made some

great points about the need for mental health services."

Joel Gaudette was the speaking representative from our county, and he prepared his own statement. He said, "Before my Clubhouse and CMH services, my physical and mental health were suffering. I don't know what I would do if these much needed services were not available. I've heard a lot about budget cuts, but I hope they don't affect these much needed services, because they are crucial to my mental and physical recovery. Walk a mile in my shoes. Thank you."



Left: Group Pic!
Right: Joel and Michelle carry our county's banner.



By the Numbers: Mental Health Statistics

By Claudia Gillenwater



In fitting with this month's theme of **Mental Health Awareness**, we compiled some important statistics.

From NAMI (www.nami.org)

- About **6%**, or 1 in 17 Americans live with a serious mental illness. The National Institute of Mental Health (NIMH) reports that one in four adults-approximately **57.7 million** Americans-experience a mental health disorder in a given year.

- The **economic cost** of untreated mental illness is more than **100 billion dollars** each year in the United States.

- Individuals living with mental illness face an **increased risk** of having chronic medical conditions. Adults living with serious mental illness die 25 years earlier than other Americans, largely due to treatable medical conditions.

- The best treatments for serious mental illnesses today are **highly effective**; between **70** and **90** percent of individuals have **significant reduction of symptoms** and improved quality of life with a combination of pharmacological and psychosocial treatments and supports.

- With appropriate effective medication and a wide range of services tailored to their needs, most people who live with serious mental illnesses can significantly reduce the impact of their illness and find a satisfying measure of achievement and independence.

From NAMI New Hampshire
<http://www.naminh.org/resources-integrated-health-care.php>

Total Well-Being

For people who live with mental illnesses, **a healthy lifestyle is especially important**. Sometimes, it is easy to become so focused on treating a mental illness that physical health is neglected. But **having a healthy body contributes to emotional recovery**. Eating the right foods, exercising, finding ways to manage stress, getting enough rest and having friends and activities that you enjoy are all part of healthy living. It can help you make better choices for yourself, develop new interests and even make new friends and acquaintances, leading to a happier, more fulfilling life. Review information about the importance of physical health in conjunction with mental health, and for access to the Hearts and Minds booklet created by NAMI - Hearts and

Unit Updates: EAU by Joel Gaudette



We are currently working on a smoking survey to **promote wellness** in our clubhouse. Mike is trying very hard to get us **more Transitional Employment positions** for our Clubhouse. We are currently **making calls to our new prospective members** to get them oriented. Also, we are doing **orientation every Tues-**

day from now on. We call it our **"Welcoming Meeting,"** and it happens from 11:00 to 12:30.

We are continuing to do our daily tasks, and adjusting to any new work that comes our way. Lately we've **been very busy and happily so.** We continue to work the Advisory Board, and the various committees we have recently formed.

Clerical/Finance Unit

Latest news from the clerical unit is that Bob Schmidt and Greg Wortley recently started training in Microsoft Access database construction. The training is offered through the Mott Community College Livingston Campus, spans three 8-hour days and covers beginning, intermediate and advanced levels of database construction. Our hope is that the training will afford us the ability to improve the **efficiency and effectiveness** of data collection and analysis here at Genesis.

Kitchen Unit Update by The Sunrise Café

You are probably wondering what happened to "Butterfly Café" in the above heading. Well let us explain...As reported in last month's GH journal, we have a **new logo.** It features Genesis House with a beautiful and bright sun rising from behind. The formerly named "Butterfly Café" Unit decided it was most appropriate to rename our unit that our logo has changed. We generated different ideas for our unit name and finally selected, "Sunrise Café." We brought this new name to our weekly house decision making meeting and it was unanimously agreed that this new unit name was most fitting.

Sunrise Café would like to update our readers on our visits to two different clubhouses in March, 2010, as we mentioned to you in our last article: On March 11th, a group of members and staff from the Sunrise Café **visited Crossroads Clubhouse** in Warren, MI. We learned so many great ideas from them!

One of the ideas that we really liked and would like to implement in our unit is to change our method for after lunch clean up with our dishes. We will be asking our colleagues to place their dishes, glasses, and silverware into three separate tubs filled with warm and soapy water and then the SC unit members will be responsible in bringing these tubs to the dishwasher to load. We hope that this new process will be more sanitary and that it will decrease the congestion in the kitchen where folks currently rinse their own dishes and put in the dishwasher racks.

The second idea that we took from Crossroads and are actively doing now is providing **free birthday lunches** and desserts (meals of their choice) on members and staffs' birthdays. We also sing "Happy Birthday" to them – this makes folks' birthdays extra special! On March 18th, a group of members and staff from SC visited **Fresh Start Clubhouse** in Ann Arbor, MI. We liked their idea in providing **a variety of**

very healthy and nutritious salad toppings which we are implementing the SC. **Thanks so much Crossroads and Fresh Start for the very enjoyable visits and your great ideas!!**



Above: Jon, Charlie and Roger working hard at Cross Roads Warren.

Below: Charlie, Laura, Michelle, Jon and Roger pose for a group picture while visiting Fresh Start Clubhouse in Ann Arbor

SPECIAL THANKS

*To the following Genesis House members, friends & staff who were instrumental in the production of this 132nd issue of **The Genesis Journal***

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Lee Kellogg
Michelle Kozak
Mike Leahy
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Lynn Wertman
Laura Southwell

Gabe Fields
Roger Gwizdala
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Leroy Chips
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.. And special thanks, as well, to every member of **GENESIS HOUSE**
Building Community...Bettering Lives. Because all minds matter.

Genesis House

"Building Community, Bettering Lives...
Because all minds matter."

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The Genesis Journal

Place
Stamp
Here

Please Help Support our Walk-a-thon !

-Look inside your copy of the Genesis Journal to find more information on our Walk-a-thon on page 2.

This is **the Ninth 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 **270 miles**, get **60 participants**, and **raise \$1,300**.

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.



I am donating:

\$ _____

My Name is:

My Address:

Please send form and check to:

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

**Thank you so much for your
generosity!**