

## GENESIS HOUSE



A Place to Grow

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# The Genesis Journal

Volume 14, Issue 1

Spring 2007

## DIRECTOR'S NOTE by Lee Kellogg

Genesis House has set its sights on ICCD certification. Our goal is to receive a three year certification from the International Center on Clubhouse Development (ICCD). We are officially on the ICCD calendar for a site review in April 2008. To help us identify areas in which we need to work on to achieve a successful certification, we will be forming a certification committee. It will take a full and concerted effort by all of us to reach the level of excellence that certification requires. This process will make a strong clubhouse even stronger.

In other happenings, Genesis House continues to serve as the training coordinating club for the Michigan Association of Clubhouse (MAC). Towards this end, I am on the Pathways training advisory board which is currently working on a two year grant. The MAC is hopeful that we will be able to resurrect an annual two day clubhouse conference. I am also chairing the Conference Committee for the Michigan International Association of Psychosocial Rehab Services (IAPSRs) which will feature many clubhouse related workshops at the November event in Frankenmuth.

Locally, the Genesis House staff have all seen an increase in responsibilities as placement managers for our growing TE program and also increased involvement with social activity responsibilities.



The Genesis House gang kicks off the Walk-A-Thon

We are all stretched a little thinner for the benefit of the quality of GH.

Mike Leahy celebrated his one year anniversary with Genesis House on April 10<sup>th</sup>. Although the time since Mike started seems to have flown by, his impact on Genesis House, including developing four new Transitional Employment Placements, seems far greater than one year.

We will also be saying goodbye to Michelle Beaujean (at least on a regular basis). Her nine month internship through MSU's MSW program sadly has come to an end. She was a great addition to the Genesis House family and I think it's safe to say that she benefited from Genesis House as much as she gave, which was considerable. Thanks Michelle for your excellent work.

## How Do You Like Our NEW *Journal* FORMAT? By Greg W.

At long last . . . the clerical unit has completed a new format for our *Genesis Journal*. The transition took much longer than expected. As clerical unit coordinator I'd like to offer my personal apology for the long delay; I regret that our readers have been without updates on the many great things happening in and around Genesis and the clubhouse community in the past several months. Nevertheless, we're excited by the many updates in form and content and, as a result of the many changes, we now hope the *Journal* is more informative, easier to read, and prettier to look at. Please let us know what you think! By the way, please know that our *Journal* is now available electronically. Simply give us your e-mail address, and we would be happy to speed it off to your computer!!

## EMPLOYMENT UPDATE by Mike Leahy



**Bob at his Genesis House TE position at the Asahi plant in Fowlerville.**

Exciting things have been happening for employment opportunities at Genesis House. To start, a great TE position has been started at Asahi Kasei, a plastic production facility in Fowlerville. The position involves clerical work such as entering information into a computer.

Bob S. was the first selected member on the position, and he is very excited about the opportunity, "Everything is going well. The people at Asahi are very friendly and encouraging, and

the atmosphere is very positive."

We also have 2 new TE positions at Leppek Nursery and Garden Center in Brighton. This will provide some rewarding opportunities and will be for 15 hours a week for each member. Karen and Mike are the placement managers and will be learning the job soon.

Additionally, the Employment and Administration Unit (EAU) is featuring a new approach to helping members get back to work. We are

calling it Individual Employment Assistance. We meet with a different clubhouse member each day from 2:00 to 2:30, and we provide support and encouragement in order to help the member reach their work-related goals.

We are always taking appointments for upcoming Employment Support slots. Please stop by the EAU, talk to a unit member, and sign up for a 2:00 meeting. We look forward to helping you work toward attaining your career goals.

## GENESIS OBSERVES MENTAL HEALTH MONTH by Marta Rossi



May 1<sup>st</sup> thru May 31<sup>st</sup> is National Mental Health Month and as you probably know, mental health and physical health are closely connected. Therefore, Genesis House has decided to celebrate & promote Mental Health Month by holding our sixth annual Walk-A-Thon & Fund Raiser. Everyday, during our lunch hour, members & staff who wish to participate will be walking in the Fowlerville Community. Please consider donating to our fund raiser. See insert for information on how to make a contribution. Thank you.

May 1st Tuesday at 7:00 is the town Meeting at the How-

ell High School Cafeteria. This meeting asks consumers & families to identify what is working at Community Mental Health so that we can build on it & also to identify those areas that are not working so well, so that we can improve. Genesis House members Claudia & Dave will be MC's for this event.

May 16th Wednesday is the Art of Recovery at 1:00 thru 7:00. The State is organizing a 2 year traveling art show featuring the work of artists who use Community Mental Health Services. In order to be selected for the show, you must enter your 2 dimensional art to be juried at the May 16th local showing. Please call customer service at 517-546-4126 to showcase your art.

Art must be received by your local customer department by May 1st be considered.

May 24th Thursday will be the Walk a Mile in My Shoes Rally. In recognition of May as Mental Health Awareness Month. Registration begins at 11:00am. Rally from 1:30 to 2:30 at the State Capital Building, Lansing. MACMAB & other statewide advocacy agencies are hosting the third annual rally when consumer representatives hold county flags & deliver a statement about Mental Health from the steps of the State Capital.

## GENESIS PREPARED ME FOR VOLUNTEER WORK by Lisa S.

I have been coming to Genesis House for the past 4 ½ years and have been in the clerical area. This has prepared me for a volunteer position at Work Skills in their clerical area.

Training at Genesis House has included typing, attendance records, answering phones, copying, filing, and data entry.

I started volunteering at Work Skills in February 2006. I now volunteer for 6 hours a week. While there I fold brochures, stuff envelopes, seal envelopes, and make copies. I also put binders and folders together.

The work I do at Genesis House and at Work Skills is preparing me for future employment in a clerical setting.

If anyone is interested in some day working in the community, the Genesis clerical unit is a great place to begin preparation!

## MEMBERS IN THE NEWS by Marta R.

**Claudia G.** recently moved into her own apartment right here in Fowlerville. Congratulations, Claudia! It's good to have you so close to the clubhouse!!

Genesis House is pleased to welcome two new members to the clubhouse; **Tija J.** and **Marta R.** are actively working on their Genesis orientation and will officially be considered "active members" on May 1<sup>st</sup>.

Regrettably, **Michelle B.'s** internship at Genesis is coming to an end. Genesis House will be honoring Michelle with a reception at the conclusion of the weekly house meeting on May 3<sup>rd</sup>... Come express your gratitude for all she has done this past year and wish her well as she moves on in her social work career

**Raimee K.** has recently increased her hours at the Howell Meijer. Congratulations

Raimee!

Genesis House members continue to shine as they work at transitional employment placements: **Dave St.** at McDonalds, **Talena W.** as CMH mail courier, **Sandy W.** at the CMH transitional apartments, and **Bob S.** at Asasi Thermofil.

**Talena W.** and **Sandy W.** will successfully complete their T.E. placements in May. Congratulations to both on a job well done! **Talena** will move on to an exciting new T.E. position at Leppok's Nursery.

Participating in T.E. for the first time will be **Tom R.** at Leppok's, **Dave Sh.** at the CMH transitional apartments, and **Joe S.** as the CMH mail courier.

**Tom R.** and **Claudia G.** attended a two day MAC Con-

ference at Club Cadillac in Cadillac MI. See story on Pg. 6

**Donna C.** and **Barb S.** recently attended a three-day Schizophrenics Anonymous Leadership Conference in Romulus MI. See story on Pg. 7.

**Barb S.** also participated in the statewide NAMI conference in Lansing. **Barb's** next speaking engagement will be at NAMI on June 5th.

**Brian M.** Is also featured on the June 5th NAMI agenda. He will be reading some of his poetry. See story and poetry on Pg. 4 and 5.

**Barb S.** has recently been appointed to serve as a member of the Livingston County Mental Health Board. Congratulations Barb. We're proud of you! The board will certainly benefit from your experience and insight,



GH intern Michelle Beaujean

## GET READY FOR CAMP TALAHY 2007!!!!

(IT'S HAPPENIN'!)

By Dave Shoberg

HOWDY Y'ALL!

... Get ready!!! It's 'bout time for Camp Again!

... yes, and YOU can be part of the Action at Camp Talahi:

Here it is. Camp this year is  
**From Monday, Aug. 20th thru  
Thursday, Aug. 23rd.**

A sign up sheet will soon be posted in the

Genesis Dining Room. Camp information sheets, registration forms and medical emergency forms will be issued soon too.

Sign up AS SOON  
As POSSIBLE!

As in previous years, the cost will be \$10 for the week for overnite campers. Even less for those who come out for daytime only activities. SCHOLARSHIPS available.

ENJOY a wide variety of ACTIVITIES (Swimming, Campfires, Sports, Hiking, Arts & Crafts, etc.)

SEE YOU AT TALAHY FOR  
ANOTHER  
YEAR OF FUN!



Larry trying to win the Big Bass contest at Camp Talahi. ... Can't wait to compete for that big one again!

## LIVING WITH DIABETES by Tom Roediger

***“Don’t let  
depression with  
diabetes  
control your  
life.”***

Hi. My name is Tom Roediger and I have sugar diabetes and am on insulin. I’ve had four laser treatments on my eyes due to diabetic disease. I’ve also had a cataract removed and my retina reattached on my left eye.

I’ve had my esophagus removed and my stomach raised to replace it. I’ve had a total of four toes removed because I had no feeling in them. Had I been able to feel them, I would have been able to save them.

March was diabetes awareness month when

thousands of people went to Washington D.C. to talk to congress about raising money to help find a cure for people with diabetes.

I would like to tell other people with physical or mental health problems not to let depression with diabetes take control of your life. I’ve been better in the last three years than I have been in a long time. You can overcome your problems with support from your family and friends.

I have attended Genesis House since January

2007 and am in the Employment & Administration Unit.. Genesis House has a monthly lunch meeting scheduled with a nurse, Mary, who leads a discussion on health related issues.

A lot of our members have diabetes. Nurse Mary is planning to start a diabetes support group at our clubhouse in Fowlerville Michigan. I have been asked to speak on what has happened in my life.

Thank you all for listening to me.

## POETRY LETS THE MIND PONDER by Brian Moilanen



I see poetry as self expression through intricate verses that help stimulate a thought or create an emotion.

My name is Brian and I have been a member of Genesis Clubhouse for just over three years now and some of my time spent here has been writing poetry.

Along with poetry I am a worker in the clerical unit and enjoy the daily tasks that are incorporated in this unit.

I began writing poetry just a few years back and I am astounded at my progress during the time of then and now.

I have been published in two books yet my biggest ambition is to be a professional writer and market my own material for sale. This, I believe is a positive and achievable goal.

Let me not forget to mention winning the best of show and first place at the Michigan State Fair last year. Wow! Jubilation embodied me and that momentum has carried me to keep on writing and

chasing my dreams.

I enjoy writing all sorts and types of poems. The most favorite type of poems though for me to write is inspirational. I like when the reader is succumbed with a warm, fuzzy feeling.

I wish all writers, not to mention everybody here at the Clubhouse, all the best now and forever. May all of us make the most of this shortly visited planet and forever happiness in the next. God bless and thank-you for letting me share with you.

## I RECALL by Dave Shoberg

In the recent times I recall  
Bits and pieces of my life

However great the tragedy,  
I struggle to handle my strife,

The pains and aches of labor, the  
Sweet smell of success

And through it all I triumph  
How wonderful 'tis to be blessed

Over years and tears of passion,  
When finally we reach our goal,

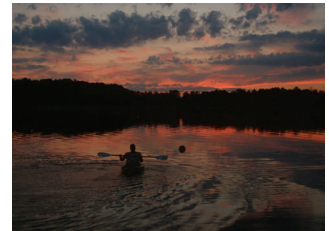
We will yet pick up the pieces  
and learn to walk through it all.

I recall the days of sorrow  
I recall the times of joy,

So please recall your blessings,  
and no matter what, enjoy!

## DAY OFF by T. Woodall

Lazy day  
Blue & purple  
No particular place to go  
Bloody sunset  
I greet the stars



## FLYING WITHOUT WINGS by Brian Moilanen

Dull your senses  
Relieve your pain  
Take salt not by block  
Take by grain  
Becoming one of the  
Frenzied stage  
Sufficient love in heart  
Forgetting past rage  
Reality takes flight  
Yet is different than  
dreams  
Dirty politics playing part  
With the crooked  
schemes  
Turn your cheek  
Take a stand  
Vigilante colleagues  
Take the last command  
  
Flying without wings

Are you truly sober?  
Flying without wings  
Rapidly flying in  
The air  
Strategy applied  
Wisdom a cure  
Flight safe and responsive  
The pilots are sure  
Realization now  
That there are  
No wings  
6th sense applied  
Religious intervention  
The monastery sings  
Desires captivate  
Emotions help to complex  
Deciphering what is a  
blessing  
And what is a hex

Denominations  
Do we take high bid  
Or low bid?  
  
Or take the  
Winnings and run  
Money and riches  
Hide and conceal  
Life's chapters  
Much to reveal  
See the cards dealt  
On a stacked deck  
Near fatal Collision  
Walk unscathed from the  
wreck  
Be careful yet not shy  
Passing the test  
The survivor's do comply

Enjoy poetry  
by spotlighted  
Genesis House  
writer  
Brian Moilanen



## THE INTERNATIONAL SCENE by Mike Leahy

The 14<sup>th</sup> International Seminar will be closer than ever this year. This huge event is hosted by the International Center for Clubhouse Development (ICCD) and will be taking place in Milwaukee, Wisconsin. The International Seminars take place every other year, and they are only in the United States every four years. This means that this is probably the closest this event will be for many, many years.

The seminar will happen on October 13-18 and will provide those in attendance with a great opportunity to meet people from Clubhouses all over the world and to learn innovative ideas about how their Clubhouses are run.

Genesis House is hoping to send some delegates, but lots of fundraising still needs to be done. Keep an eye on the Genesis Journal to participate in up-

coming fundraisers. Also keep in mind that our annual Walk-a-thon will be coming up in May and our walkers will need sponsors. Our Advisory Board is continuing to talk about fundraising opportunities, so submit any ideas you have to a Board member like Lee, Claudia, Mike, Donna, or any other Board member you might know.

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## GENESIS ATTENDS CLUBHOUSE CONFERENCE by Claudia G.

On March 29, 2007 Lee, Mike, Michelle, Donna, Claudia and Larry represented Genesis House at the Michigan Association of Clubhouses Conference in Lansing.

Two hundred thirty five members and staff from all over the state attended the conference.

Those that attended from Genesis House had to be actively

involved in clubhouse and able to present the information they learned at a house meeting.

One of the workshops which Genesis House helped to present was how TE employment is important to a clubhouse member. Also discussed were the events and structure of the work ordered day, how to motivate members to par-

ticipate, and keeping clubhouses active in the afternoon.

Another topic which was very interesting was the expectations for clubhouses by Community Mental Health compared to the expectations of the International Center for Clubhouse Development.

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## CARRIAGE HOUSE INSPIRES MICHIGAN CLUBS by Lee Kellogg

As mentioned in Claudia's article, GH attended this year's Clubhouse Conference. Perhaps the biggest highlight of the conference was the Keynote presentation presented by Andy Wilson and his colleague, Gail, of Carriage House. In a very inspiring manner, Andy detailed the hard work it takes to make clubhouses a springboard in helping members in

their recovery. The thesis was the "science behind the magic." The science, as Andy described, is in creating an environment ripe with meaningful work so that recovery can take place. Andy concedes that "creating a culture of hope and meaning and opportunity takes a crazy amount of work, structure, patience, experience." He goes on

to say, "the science....seems to be about meaning, need, opportunity and belief." Andy's view on the ICCD Club standards are that they are "nothing more and nothing less than our collective best thoughts on how to get the science." If you would like to read the keynote address in its entirety please let me know.

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## MAC IN CADILLAC by Claudia Gillenwater

On April 18 and 19<sup>th</sup> 2007, Lee, Jaime, Tom and Claudia went to a Michigan Associated Clubhouses (MAC) meeting at Club Cadillac. On the evening of the 18<sup>th</sup> the Colleague Advisory Committee met to plan training opportunities for MI Clubhouses. Other topics of discussion included work on the club site reviews and data collection workgroups.

A major topic was concern about the pro-

posed State budget cuts and the importance of raising awareness and education about mental health issues. People were encouraged to get involved in Town Hall meetings and with their auspice agencies.

The full MAC meeting was held on the 19<sup>th</sup>. Club Cadillac presented on all of their community involvement which was followed by lunch and the main meeting. The MAC will be sponsoring the Walk A Mile

event by putting together packets of slogan buttons and key chains. The rally will be held on May 24 at 11 a.m on the state capitol steps. The meeting was very productive and well attended.

The next MAC meeting will also be having a July 17<sup>th</sup> thru July 19<sup>th</sup> meeting at Metamora-Hadley Recreation Area.

## SCHIZOPHRENICS ANONYMOUS LEADERS ATTEND COFERENCE

By Donna C.

Barb S. and I went to a S.A. leadership conference in Romulus MI on March 31 through April 2. There were a lot of people from all over the state there. Every day we had a different class to attend. Most were very good. Barb and I learned a lot so we could bring the information back to our S.A. group.

By Barb Spaulding

The conference was the largest ever. They realize our time is important and valuable. The conference was a learning experience. We learn from others. We need to work to-

wards recovery. Sometimes silence is a good thing.

We need and ask for safety, security and sobriety. If we don't feel safe cancel the meeting.

Get the news out

Give the consumers five minutes. There are now 165 S.A. Groups. We need to build our resumes. You work every day on your illness.

Be proud, stay in touch and reach out. May 20-26 is Schizophrenics Awareness Week. The main offices will be

doing candle light vigils.

Drug companies sometimes offer to speak at meetings if notified.

CMH is looking for peer specialists. We need more transportation.

We need to prevent leader burnout. Share responsibility-ask consumers what they get out of meetings.

We talked about women's issues—parenting classes and how women are afraid to have children if on medication.



**Co-facilitators of the Schizophrenics Anonymous Support Group at Genesis: Donna C. & Barb S.**

## RECOVERY & REINTEGRATION

*(as taken from The Center for Reintegration web site)*

People who are recovering from an illness such as schizophrenia often hear the word "Reintegration." It refers to all the things you do from the time you start treatment until you meet your recovery goals.

Identifying your individual goals and discovering how to achieve them are the key to reintegration. Reintegration.com is an online resource for those persons dealing with schizophrenia and related disorders. This site provides hope and help in returning to a meaningful life that includes:

Employment  
Family and Friends  
Independent Living

One of the main goals of reintegration is a return to meaningful employment. This can be a special

challenge for people with serious mental illness. But helpful resources exist in communities around the world.

Established Clubhouses offer a wide variety of services to help persons with mental illness find meaningful paid work. Other organizations provide individualized training and education programs to help prepare people for a return to full employment.

Healthy relationships are essential to the well-being of everyone—especially those persons with persistent mental illnesses such as schizophrenia bipolar disorder. But these illnesses can cause a strain on even the strongest relationships.

Many people with such illnesses live with their families, requiring the active involvement of all members of the household in the day-to-day care and support of the individual with the illness.

Others live with friends.

Regardless of where the person with the illness lives, he or she need a primary caregiver – a parent, sibling, spouse, adult child, or significant other (boyfriend/girlfriend, family friend, teacher, etc.). And regardless of the specific relationship, caregivers will face numerous issues and will have many needs in coping with the illness on a long-term basis.

## JOKES by Joe S.

**LAMA:**  
A Buddhist  
monk walks up  
to the hot dog  
vendor and  
says "make me  
one with  
everything!"

**DUCKS & ELEPHANTS:**  
Q; why do ducks have flat feet?  
A; to put out fires!  
Q; why do elephants have flat  
feet? A; to put out burning  
ducks!

**BAR JOKE:** a guy walks into a  
bar, and sustains a mild concus-  
sion.

**FOOD:** the four food groups;  
FAST, FROZEN, INSTANT,  
AND CHOCOLATE!

**GOLF:** the only problem with  
golf is the slow people are in  
front of you, and the fast peo-  
ple are behind you!

**HUH ?:** right now I'm having  
amnesia and déjà vu at the  
same time. I think I've forgot-  
ten this before!

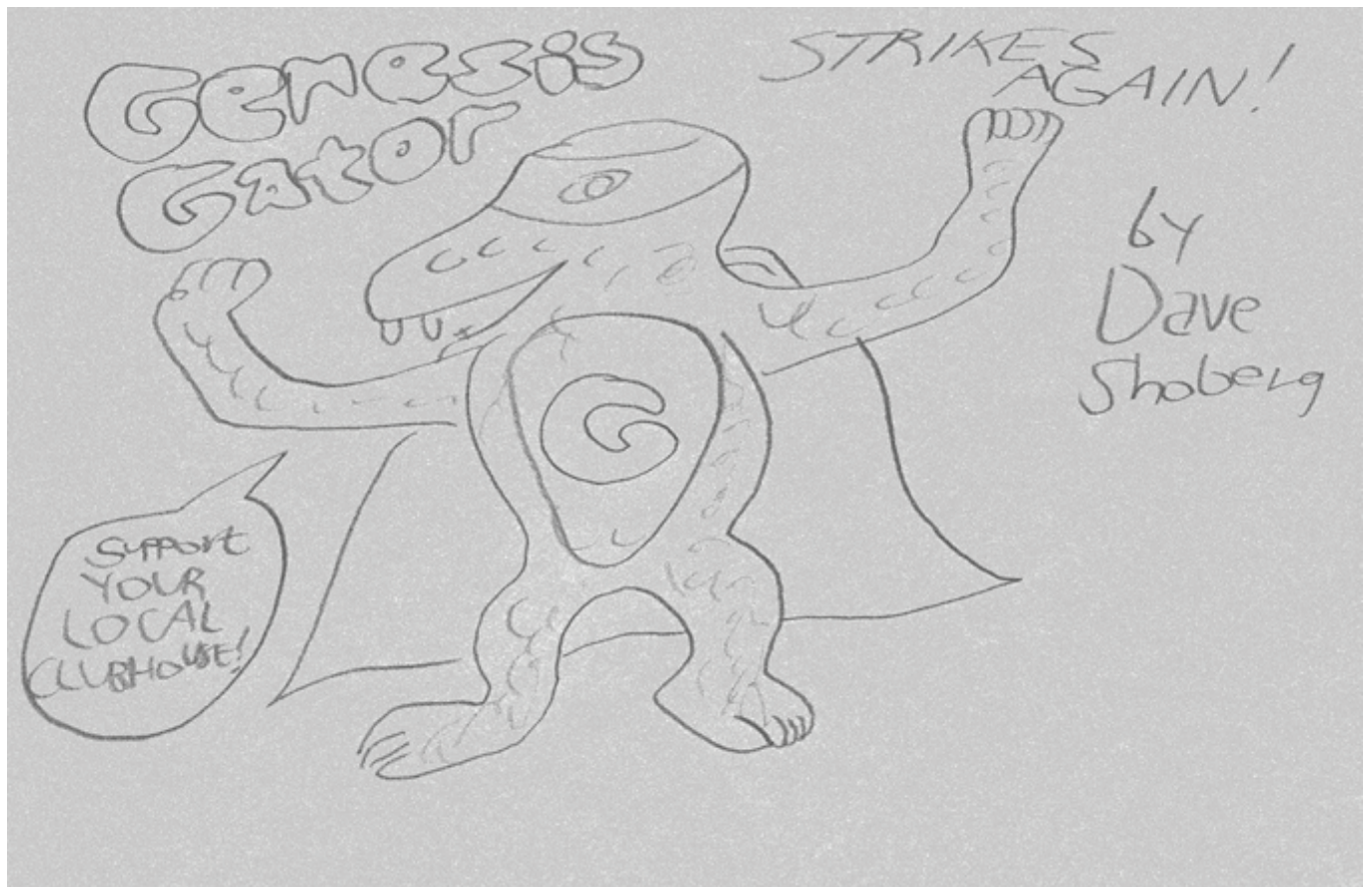
**THINK:** What's another word  
for "thesaurus"?

**BOOK:** I'm writing a book,  
I've got the page numbers  
done, so now I just have to fill  
in the rest.

**NIGHT:** One night I came  
home so late it was the next  
night!

**SMOKES:** I have to laugh when  
I think of the first cigar, be-  
cause it was probably just a  
bunch of rolled up tobacco  
leaves.

## GENESIS GATOR by David Shoberg





## #20 BUTTERFLY CAFÉ HIGHLIGHTS



The Butterfly Café shows off their new aprons!

Happy Spring! We are so excited to share all of the new changes that have taken place in our unit! The biggest change, as many of you already know, is that we have officially changed our unit name to the "Butterfly Café!" We did this because we were looking for a catchy name that would capture all the **amazing** things that our team does on a daily basis. As you can see, in the picture to the left, the name has really caught on!

Our next piece of exciting news is that fact that we finally raised enough money to purchase our very own unit aprons! We spent a lot of time deciding on the apron design and are thrilled with the results! Every member who works in the Butterfly Café gets to wear one with pride. They have really helped to bring our team together!

In the meantime, We have dusted off our grill and are ready for some summertime

grilling! We anticipate lots of new and exciting recipes this season....plus some old favorites.

We want to encourage all members and staff to bring in their favorite recipes so we can try them out. In the future, we will feature them in the newsletter!

Thank you to all the members who help make our unit **shine!**  
**You Guys Rock!**

# May Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Spaghetti, Tossed Salad, Pumpkin Cake	2 Chicken Fajita Pizza, Garlic Bread, Banana Oatmeal Cookies	3 Veggie Lasagna, Fruit Salad, Mango Coffee Cake	4 Egg Salad Sandwiches, Fritos Scoops with Salsa, Milky Way Cake	5
6	7 Goulash, Garlic Bread, Chocolate Yummies	8 Seafood Pasta Salad, Mixed Veggies, Chocolate Chip Cheesecake	9 Chicken Caesar Salad, Pita Bread, Strawberry Jell-o with Fruit Cocktail	10 Mini Quiche, Cinnamon Rolls, Fruit Parfaits with Granola	11 Tuna Melts, Fries, Pineapple Cake	12
13	14 Crescent Ham Pie, Broccoli, Apple Pie	15 Penne Pasta with Sausage and Peppers, Garlic Bread, Honey Bars	16 Ham and Bean Soup, Biscuits, Chocolate Chip Cookies	17 Spam Day To Be Announced	18 Chili Dogs, Chips, Pickles, Cream Cheese Fudge	19
20	21 Cheeseburgers, Strawberry Spin- ach Salad, Brown Sugar Pound Cake	22 Baked Chicken, Green Bean Casserole, Tropical Dessert	23 BLT'S, Fries, Almond Cookies	24 Cheese Enchiladas, Spanish Rice, Peach Cobbler	25 Sloppy Joes, Cheese Doritos, Lemon Bars	26
27	28 Chicken Salad Sandwiches, Cheetos, Vanilla Pudding with Cool Whip	29 Greek Salad, French Bread, Orange Chip Muffins	30 Grilled Pork Chops, Mashed Potatoes, Garlic Bread, Straw. Jell-o	31 International Day To Be Announced		

## ACTIVITY HIGHLIGHTS FOR MAY by LeRoy Chips



It's gonna be Genesis House vs. Fresh Start Clubhouse at the bowling alley on the 10th. Come join the fun!

**Walk-a-thon:** Every day immediately following lunch. Come get some exercise and promote the clubhouse in the community at the same time.

**Pizza & Movie at Genesis House before the CMH Town Hall Meeting:** Tuesday, May 1st at 4:30. Anyone wanting to attend the meeting is encouraged to join us for food and fun beforehand. We'll get you home afterwards!!

**Bowling with Fresh Start:** Thursday, May 10th at 3:00. How 'bout a little competition between Genesis and our sister clubhouse in Ann Arbor . . . Could get nasty; even if you don't want to bowl, come along and cheer your team on!

**Potter Park Zoo:** Saturday, May 19th at 10:00 am. Don't miss this annual spring fling on the banks of the beautiful Red Cedar River in Lansing . . . And don't forget—word on the street is that some of Fred M.'s

closest relatives can be viewed there . . . Come take a look!!

**Movies & Shopping:** Thursday, May 24th at 3:00 pm. Month after month, this is our all-time favorite activity: watching the latest movies at the MJR Theatres in Brighton and/or shopping the stores at the Brighton Shopping Mall . . . We'll even chip in \$2.00 toward each person's movie ticket courtesy the Genesis Social Fund.

# May Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	MAY 1 – MAY 31 GENESIS WALK-A-THON	1 12:30 Health Wrkshp . 4: 30 Pizza & Movie 7: 00 CMH Town Hall Mtg.	2	3 1:00 Weekly House Meeting 2:00 Farewell to Michelle	4 2:30 Schiz. Anonymous (SA) Meeting	5
6	7	8	9	10 1:00 Weekly House Meeting 3:00 Bowling w/ Fresh Start	11 2:30 S.A. Meeting	12
13	14	15	16 1—7 p.m. Art of Recovery	17 1:00 Weekly House Meeting	18 2:30 S.A. Meeting	19 10:a.m. Potter Park Zoo in Lansing
20	21	22	23	24 11a.m. Walk A Mile in my Shoes 1:00 House Mtg. 3:00 Shop/Movies	25 2:30 S.A. Meeting	26
27	28 Closed	29	30 4:00 Employment Dinner	31 1:00 Wkly House Mtg. 3:00 Picnic		

# 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  
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Fax: (517)223-1398  
genesishouse@cablespeed.com

**We're on the web !**  
**[www.genesisliv.org](http://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 Workshop  
12:30, 2nd Tuesday  
Schizophrenics Anonymous  
2:30, Fridays

### Affiliations:

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

## **A few words about Genesis House . . .**

**Page 11**

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 member's symptoms. In doing so, members' psychosocial rehabilitation is not so much a result of being served by the program as it is the result of being partners in its operation.

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



## **SPECIAL THANKS**

**To the following Genesis House members, friends & staff who were instrumental in  
the production of this 116th volume of *The Genesis Journal***

**Copier & production assistant**  
Lisa Everton

**Layout tech. & editorial board chairperson**  
Karen H., Mike L., Greg W.

**Special contributors**  
Lee K., Mike L., Marta R.,  
Lisa S., Dave Sh., Tom R.,  
Brian M., Claudia G., Donna C.,  
Barb S., Joe S., LeRoy Chips

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

**GENESIS HOUSE**  
Community  
which provides us all with  
***A Place to Grow !***

## May is Walk-a-thon Month!

-Look inside your copy of the Genesis Journal to find more information on our Walk-a-thon on pages 2 and 6

This is the sixth 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 200 miles, get 40 participants, and raise \$1,000 in pledges.

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:

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\_\_\_\_\_

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!

----- ✂ ----- Cut Here -----

## Genesis House

*"A Place to Grow"*

501 W. Grand River  
Fowlerville, MI 48836

# The Genesis Journal

Place  
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