



# Magnolia Times

A Newsletter from Magnolia Clubhouse

www.magnoliacubhouse.org

Fall / Winter 2010

## Magnolia Clubhouse Reaches out to Families



On September 9th, Magnolia Clubhouse hosted family night with NAMI Greater Cleveland. Both NAMI and Magnolia Clubhouse invited their members' families. Everyone was able to learn more about the Clubhouse and about NAMI. We had over fifty people attend and we all had a wonderful time. Clubhouse member Chris Morgan and his mother Gwen, both members of NAMI, spoke movingly about their experiences and the Clubhouse. Dr. Pat

Runnels also spoke about our Carriage House Clinic. Our audience was happy to hear of this newer development at Magnolia Clubhouse. We plan to continue to offer events like this to bring people together, to share information, to connect and to enjoy the Clubhouse.

**Magnolia Clubhouse is involved in a research project** with Dr. David Beigel of the Mandel School of Applied Social Sciences of Case Western Reserve University. This collaboration also includes a researcher working with Michigan Clubhouses, Francesca Pernice-Duca, whose research work and interests include what our study is exploring. The study is focused on increasing our understanding of the needs of members' families, and exploring how the Clubhouse affects the social networks of members. The Woodruff Foundation and the Cleveland Foundation have both provided funding to CWRU for this project. Magnolia Clubhouse is very excited to be doing this work, to further the evidence related to the Clubhouse model.



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On Saturday, October 2nd, the Clubhouse joined the NAMI Recovery walk. A group of twenty Clubhouse colleagues joined over 1000 people for this annual event. Despite nonstop rain, we all trekked through downtown Cleveland to support awareness of mental illness. The NAMI walk is always a fun way to connect with friends throughout the community, as well as to educate the public and reduce stigma. Thanks to everyone who joined the enthusiastic crowd.

**Happy Holidays!**

**We extend our appreciation to everyone!**

**We hope you all have enjoyable holidays.**

**We wish you all growth, opportunity and hope in the New Year.**

## From the Board of Trustees

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The Board of Trustees is happy to announce the addition of Norma Goulder Savin to our Board. Norma was born and raised in Cleveland Heights. She is a graduate of Laurel School and Miami University. She has worked as an interior designer, first at the Higbee Company and, since 1991, in her own firm, *Norma Goulder Savin Interiors*. Her work has twice appeared in *House Beautiful*, as well as in

an interior design book on style and taste. Her son Rob is a Clubhouse member. Norma volunteered for six years in the Speak Easy Program of the Cleveland Hearing and Speech Center. There she worked with stroke and accident victims to enhance their communication skills. Norma lives in Cleveland Heights and in Sarasota, Florida with her geologist husband, Sam, who served as Dean of Arts and Sciences at CWRU and, later, as Provost at New College of Florida.



On behalf of the Board and Magnolia Clubhouse, I would also like to express appreciation to our Vice President, Bettina Katz, and trustees Nan Cohen and Donnamarie Randolph.

Donnamarie's employment is the very wonderful reason she cannot attend our meetings. Bettina has been a trustee

of the Magnolia Clubhouse Board, and a member of the original Clubhouse Advisory Board. Bettina and Nan have been wonderful supporters of Magnolia Clubhouse and our capital campaign. Their dedication and hard work are very much appreciated and they will both be greatly missed. However, we are happy to say Bettina is now a member of our Advisory Board and Nan and Donnamarie continue to offer their support. So we won't say goodbye, but instead, we say thank you!

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***Magnolia Clubhouse is a vital community of growth, hope and opportunity. Our mission is to ensure that people who have a mental illness are respected co-workers, neighbors and friends.***

We are also pleased to welcome new staff Robert Clancy, and Karen Jackson whose roles are very connected to the work of the Board and the daily work of the Clubhouse. And welcome to David DiTullio, whose broad and senior experience in the field of mental health will be a wonderful addition to the resources of the Clubhouse community. Learn more about these people in this edition, page 3.

Sincerely,



Grover C. Gilmore, Ph.D., Board President

## New Staff at Magnolia Clubhouse



We welcome Bob Clancy whose background is in public relations and communication in the corporate sector. As a veteran creative director, advertising strategist and award-winning copywriter, Bob brings extensive experience to the Clubhouse developing effective, strategic communication. He has worked for Fortune 500 corporations like Goodyear, AT&T, Metropolitan Life Insurance, Sherwin Williams, Nationwide Insurance, and Proctor & Gamble. Bob has a strong foundation in traditional advertising as well as extensive experience in the interactive realm that includes creating concepts and content for landing pages, email campaigns and Web sites. For over 10 years, Bob has taught Copywriting in the School of

Communication at the University of Akron. Bob has a special interest in working to communicate, educate, and remove the stigma associated with mental illness since his son, Rob, was diagnosed with schizophrenia as a college student in 2002.



We are very happy to introduce David DiTullio. For the past five years, David has been the Project Director for Beech Brook's award winning Transitional Youth Assertive Community Treatment (ACT) Team. Many young adults from this program have joined the Clubhouse. With over twenty-five years of social work experience – as a direct service worker, supervisor, and administrator – David has experience with inpatient mental health services, inpatient detoxification & rehabilitation, outpatient mental health, and outpatient chemical dependency services. His areas of specialization include mental health recovery, vocational services, psychiatric emergency services, services for persons with mental health

& substance abuse problems, quality performance improvement, and ACT. David has made several presentations at national, state, and local mental health conferences. David completed the Mental Health Executive Leadership Program, co-sponsored by Ohio Department of mental Health (ODMH) and CWRU. In addition to his employment experience, David has served his community by being a volunteer board member for the Alcohol and Drug Addiction Services Board of Lorain County, for 9 of the past 10 years, including past Board President and current Program Committee chair.



We are very appreciative of staff who recently left the Clubhouse. **Darlene Rebello Rao**, our development consultant, relocated to Florida with her family. Darlene assisted with the Clubhouse's growth in our development work, including the annual and capital campaigns. She is truly missed, especially her laughter, her spirited style, and how she warmly engaged everyone. Darlene not only taught us the skills, but also how to have fun with our development work. We miss **Brent Hite** and **Daisy Schwarz**, who both added youth and vitality to the Clubhouse. We wish them all well in their new pursuits.

## Clubhouse Member Robert Campbell Tells His Story to United Way



*Re-printed with permission from  
the July 2010 United Way website newsletter.*

For years, Robert was in and out of the hospital for treatment for mental illness. He worked on and off, sometimes long enough to afford an apartment. Other times, he spent his days and nights in homeless shelters or on the streets of Cleveland. While living on the streets, he and Timothy became friends. When Robert ended up back in the hospital, Timothy came to visit, and encouraged Robert to go to a group home when he was discharged. And that's when a United Way funded program, Magnolia Clubhouse, changed Robert's life.

Robert took his friend's advice, and found his way to Magnolia Clubhouse which receives funding from United Way of Greater Cleveland. It is a community-based center of psychiatric day treatment/ psychosocial rehabilitation for people who have mental illness. The Clubhouse is open daily (Monday - Friday), and members come in any day or every day to work side by side with staff doing the necessary work to run the Clubhouse. Activities range from welcoming guests and helping prepare lunch, to cleaning, gardening, working in the video lab, assisting with administrative work and more.

Robert came to Magnolia Clubhouse almost daily with other residents of his group home, working in a variety of capacities including running the teleprompter and sometimes anchoring the daily in-house news program. Magnolia Clubhouse partners with area employers to find transitional employment for Clubhouse members, and Robert soon found himself working two different jobs. His work ethic and dedication paid off when a staff member learned of a permanent job opportunity at a local church. The plan was for Robert to work 20 hours a week, but after just one week, he was asked to work full time – and with those full time hours came an apartment on the church property. “Our goal is to provide a structured day filled with meaningful work and meaningful relationships,” said Gwen Williams, the Magnolia Clubhouse social worker who helped Robert find his way to his new life.

**An update since the original July 2010 printing of this article:** Robert has passed his driver's test, bought a car, and is planning on taking some classes in the new year. Everyone at the Clubhouse is proud of Robert, who continues to visit the Clubhouse on his occasional free days.



### Congratulations Kochela!

Two years ago, Kochela had successfully completed all her high school requirements, but did not pass the math section of the Ohio Graduation Test. She attempted the test 6 more times, with no luck. After being hospitalized and diagnosed with schizophrenia this past winter, she learned about the Clubhouse. Upon joining, she mentioned that her goal was to pass this test and obtain her diploma. She was connected with Clubhouse volunteer, Tony Dreskin. They worked together twice a week for 4 months. In October, Kochela took the test for the final time, as she passed! “Tony was so determined for me to close this chapter in my life! The Clubhouse was cheering me on, and with all this support, I did it!” We are all proud of Kochela. She is a determined young woman, who knows what she wants. Her next step is to return to school, hoping to attend Cuyahoga Community College and prepare for an associate's degree in Early Childhood Education.



## People from Mars are Working with Magnolia Clubhouse

Paul Krueger is the first member to work at one of our newest Transitional Employment (TE) Placements, Mars Electric Co., located at 3909 St. Clair Avenue, near downtown Cleveland. We thank Mark Doris, the husband of our board member Fran Doris, for partnering in employment with Magnolia Clubhouse. He knew we could get the job done. Clubhouse placement manager, Chuck Huth, and Paul worked together for several weeks this past summer getting the warehouse, parking lot and grounds in tip top shape for Paul to continue to maintain as a part of the job. His duties have expanded to putting away daily stock orders and keeping shelves and stock in order. Paul works 8 am till noon Monday thru Friday, and continues to come to the Clubhouse to help out in Bloomin', our resale shop. He also attends evening and weekend social activities, as well as monthly employment education dinners.



Paul has invited Chris Arnold, his supervisor at Mars, to attend our next dinner, to show our gratitude and to share our employment experiences with him. It has been a running laugh at Clubhouse that we will be having visitors from "Mars" at our next dinner! We know Paul will continue to do a great job on his TE and he is looking forward to his next step...a permanent independent job!

## Victoria Ellison: A story of Courage, Education and Accomplishment



I have been a Clubhouse member a long time. I started attending when the Clubhouse was Hill House. I worked in the kitchen preparing meals, spent time in the Clerical unit and worked several Transitional Employments. I started writing when I was a student at Cuyahoga Community College, and wrote my first poem while living in a battered women's shelter. Writing was something that I honed in on. It grasped hold of me and I held on tight. It was my outlet, my therapy, and my ticket into a world that I feared.

In 1982, I was diagnosed with schizoaffective disorder. I was eighteen when I had my first hospitalization. I can't say that I took my medication all the time, and because of alcohol and drug use, I ran in and out of mental hospitals for the majority of my adult life. Around 1999, I stopped using alcohol and drugs, started taking my medication as prescribed, and I actually began to stabilize.

I started writing a novel entitled Angels Only Stand Where Cherubim Take Flight, which was published in 2006. That was when my life began to change, with a purpose for living. I began to do better in school, especially perfecting my writing skills. I am now attending Cleveland State University, working on an English degree. That was the best decision I could have made for myself. I currently have the opportunity of an internship at the Call and Post newspaper, where I have had 6 stories published, one of which made the front page! I should complete my Bachelor's degree in the Fall of 2012.

I attribute much of my success to attending the Clubhouse, where I have received so much support. Clubhouse has helped me to improve my people skills, and I am not as afraid of people as I used to be. Twenty years ago I would have never thought I would be doing the things that I am doing. But now, from where I'm standing, the sky looks a little brighter and a little bluer.

## Volunteer Spotlight – Health & Wellness

***“Program providing free veggies helps Magnolia members bloom”***

**This was the headline in the Plain Dealer article that appeared on Thursday September 30, 2010.**

The article described the relationship between the Clubhouse and the Gates Mills Community Garden, run by a group of Master Gardeners. They grow vegetables that we use in our kitchen throughout the growing season.

This first full season the gardeners exceeded their goal of 2,000 pounds of veggies, starting in spring with lettuces and spinach, followed by a bountiful summer of potatoes, onions, garlic, beets, radishes, tomatoes, peppers, herbs, sweet potatoes, and finishing in fall with more lettuces, broccoli, leeks, and herbs. Barbara

Franzen, one of the Master Gardeners, arranged for Roxanne Washington of the Plain Dealer to interview the gardeners, members, and staff in order to write about the garden's mission and how it benefits the Clubhouse.

Our deep appreciation to Gwen Morgan who suggested the Clubhouse benefit from the work of the gardeners and to all the gardeners who

so generously donate their time and energy to plan, plant, gather and deliver the fresh, delicious veggies.



### Yoga– Health for Body and Mind

Clubhouse is extremely lucky to have found Melanie Sophia, a trained, yoga instructor who is volunteering her time and talents. After the work day on Mondays and Thursdays, members and staff join Melanie to practice yoga, an ancient art that combines physical movement with mental and spiritual aspects. Yoga emphasizes breath combined with movement, focus and intention. It also increases flexibility, relaxes as well as energizes mind and body, strengthens and builds muscle tone, and improves

concentration, posture and balance. We encourage all members to at least try yoga, and now have several regular attendees. Yoga is our most recent and significant addition to our wellness initiative.



### Smoking Cessation Training and Research

Marty Connolly and Chuck Huth participated in a smoking cessation training. The two day training was for the new smoking cessation program that Genesis Clubhouse in Worcester, Massachusetts has developed with the Program for Clubhouse Research and the University of Massachusetts Medical School. Genesis, Fountain House, Westwinds and Magnolia Clubhouse are the first Clubhouses to participate in the project. Participants were provided with good solid medical evidence about how to quit and/or why members should reduce their smoking. An interesting fact we learned was that nearly 50% of all cigarettes smoked in the US are smoked by people who live with mental illness, and this same group has a life expectancy that is 25 years less than the general population. Another interesting fact involves how cigarettes are metabolized by the body. Cigarettes interfere with liver and kidney functioning, which decreases the efficacy of most medications. Marty says that the training has really helped him, “I have gone from one and a half packs a day to less than one cigarette per day.” Since Marty has reduced his cigarettes, he has also eliminated caffeine from his life, “I feel this is a direct result of my metabolism being increased as a result of my greatly reduced smoking.”

## Carriage House Clinic Updates

### The Carriage House Clinic psychiatric services

“Members are embracing life, accomplishing so much in the Clubhouse and finding ways to live fulfilling lives, despite struggles and difficulties...I feel part of the family of the Clubhouse community.”

**Dr. Pat Runnels**

are going well. Members and the Clubhouse community are very pleased. We continue to get the word out so all our members know of this resource. **Dr. Pat Runnels** says his experience with us has been very heartening and several members have commented on how great it is to have access to such a high level of care. He also said, “Members are embracing life, accomplishing so much in the Clubhouse and finding ways to live fulfilling lives, despite struggles and difficulties”. A unique feature of his work with us ... “I feel a part of the Clubhouse community family.”



NorthEast Ohio  
Neighborhood Health Services

### NEON, a Federally Qualified Healthcare

#### Facility, will be joining us and providing primary care

**services.** They have already provided screenings and will be providing flu shots. Once the renovations of the Carriage House are completed, which is likely to be early summer, we

will have our final piece of integration. In addition, nearby NEON sites provide the full array of services such as dental and lab work, so anyone in need of a more complete or intense array of service can be served nearby and all work can be integrated. We are very happy to be collaborating with NEON. We also extend great appreciation to Neighborhood Family Practice, another FQHC on the West Side of Cleveland, that was also very willing to work with us.

**Renovations to the Carriage House are proceeding.** The architectural plans are completed and the next steps are being taken. We will also be completing site work. We are very appreciative to the state for the funds that are making this next portion of our project possible, and to a new grant from the *Mayer Haber Memorial Fund of the Cleveland Foundation*.

**Magnolia Clubhouse has been asked to make presentations** related to our work in this much needed and currently highlighted area of integration of care. We have presented at a Statewide conference hosted by CWRU and the ODMH Centers of Excellence, and to Fountain House's Advisory Council. We will conduct a workshop at the upcoming All-Ohio Institute on Community Psychiatry conference, hosted by UH and CWRU.

**Magnolia Clubhouse is participating in a research project for smoking cessation** with the Clubhouse Program of Research. And of course our healthy habits are growing, with our wonderful fresh food, and after-work yoga and meditation classes.

## Community Education and Advocacy



### Magnolia Clubhouse Trains Cleveland Police

Magnolia Clubhouse has been working with the ADAMHS Board for the past several years to train police officers. The Clubhouse hosts some of the officers to work with our members for a day, as part of their hands-on training. At the Training Institute, we also present to all the officers. We are proud to be a place where officers can work with us side by side, getting to know us as persons. This helps peel away some of the stigma associated with mental illness. Henry Clinton, Blair Cochran, Jonathan

Sheldon, Arieson Newborn, Martin Connolly and Chuck Huth have all been part of presenting at the institute. The officers have always said how helpful it has been to hear members' stories and to get an idea of how it feels to be on the "other" side. Our primary goal is to help officers get a better understanding of how to keep some situations from getting out of control.

### Michigan Hosts Clubhouse Midstates Conference

#### Magnolia Clubhouse Provides 2 Plenaries and 6 Workshops



Magnolia Clubhouse was well represented at the Midstates Clubhouse Conference, hosted by the Michigan Clubhouse Coalition of over 40 Clubhouses. We gave two plenaries and led six workshops. We presented on Health & Wellness, Employment, Technology in the Clubhouse,

Specialist vs. Generalist Roles in the Clubhouse, and Research. Our two plenaries were on Employment and Community Education. It is always exciting to share with other Clubhouses, and then bring back the energy generated by everyone's enthusiasm. After our own experience as one Clubhouse hosting the Mid-States two years ago, we especially congratulate Michigan for all their work.





from the Cleveland Foundation  
Donor Connections Newsletter

## Magnolia Clubhouse empowers those dealing with mental illness



Magnolia Clubhouse members and staff prepare nutritious meals each day in their new, expanded kitchen facilities.

*"I'm alive again."*

respect

There is much to be said about Magnolia Clubhouse, but no description captures the essence of this "therapeutic community" for people living with mental illness than that quote from one of its members.

The Clubhouse runs on the philosophy that meaningful work with others is rehabilitative. Those who use its services - known as "members" - are provided with vocational, educational, and social opportunities that lead to higher rates of employment, better social connections and quality of life, and reduced hospitalization and incarcerations.

"Our mission is to ensure that people who live with mental illness are respected co-workers and friends." said Lori D'Angelo, Executive Director of Magnolia Clubhouse.

An essential feature of the Clubhouse is Transitional Employment, in which members hold part time, temporary jobs with employers in the community. For many, it serves as their first meaningful work experience and builds confidence. Members are encouraged to attend local colleges, obtain their GEDs, and improve literacy and math skills, often by taking advantage of the tutoring talents of other members. They also take an active role in the day to day activities of the Clubhouse itself. The Clubhouse benefits from charitable gifts to support its operations:

- \$40 covers the cost of one day at the facility for one member.
- \$200 funds a full week of Clubhouse participation for one member.
- \$3,000 supports a full year of Clubhouse services for one member.

To find out more call 216.721.3030 or check out [www.magnoliacubhouse.org](http://www.magnoliacubhouse.org).

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(July 1, 2010 to December 31, 2010)

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(July 1, 2010 to December 21, 2010)

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(July 1, 2010 to December 21, 2010)

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Mrs. Violet T. Caruso  
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Dr. Lori D'Angelo  
Mr. & Mrs. David P. Loparo

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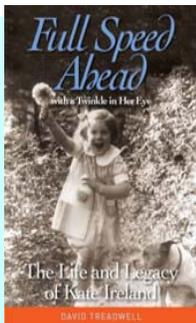
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Mr. & Mrs. Carmen Latessa  
Dr. Lori D'Angelo  
Mr. & Mrs. David P. Loparo

**In Memory of Henry Tanaka**

Dr. & Mrs. Steven Tanaka

**In Memory of Vicchio Family**

Mrs. Violet T. Caruso



from ***Full Speed Ahead***  
with a Twinkle in Her Eye  
**The Life and Legacy of Kate Ireland**  
by David Treadwell

“Both Kate and her mother were very interested in mental health and each served as a Trustee for the Cleveland Mental Health Association, Peg as President and later on, Kate as Treasurer. Kate recalls the ecumenical nature of her work with Hill House, a mental health organization which she helped start. *‘I was working with a woman named Lois Hays who was Jewish and a Democrat, while I was a Republican and a Protestant. We worked hard to get Jews and Christians working together. We’d sip martinis and plot our activities.’* She’s pleased to report that the ‘Hill House’ remains vital and has moved to a new and better

location in the Severance Hall area. It is now known as Magnolia Clubhouse.”