



Magnolia Times

A Quarterly Newsletter from Magnolia Clubhouse, Inc.

August 2005



Magnolia Clubhouse, Inc. Celebrates at our first Annual Meeting with a Garden Party

By Fetcher Shepherd and Debra Harris

On the afternoon of July 7, 2005 we had a Garden Party celebrating our first year as an independent organization. Outgoing Board President Cynthia Griggins began the afternoon with a very positive and glowing review of the past year- a true testament to her strong leadership and vision. Elizabeth Fowler, Development Committee Chair, kicked off our capital campaign to help get ready to buy the house next door and renovate both buildings.

Architect Thom Stauffer got everyone excited about the future of our Magnolia Clubhouse property by showing us an architectural model of what the clubhouse buildings could become. It was also an opportunity to thank the people and organizations that have supported us. Lori presented drawings of the clubhouse by member Darlene Golias as tokens of our appreciation. In keeping with our theme "A Community of Growth" Magnolia Clubhouse board members were given geraniums in pots that had been decorated by the Clubhouse. It was very nice to see so many of our supporters at this very special occasion. The food and refreshments were not only delicious, but beautifully displayed as well, thanks to all the hard work of members and staff. We are excited for the coming year under the leadership of new board president Cleve Gilmore. Thank you to everyone who made this first year such a success.

Highlights of Our First Year

Our resale shop and art gallery **Bloomin'** had a great first year, averaging almost \$1000 each month, and our artists sold eleven pieces.

We continue steady progress in employment, with employment rates of 42. We were commended by the International Center for Clubhouse Development (ICCD) as we surpassed Clubhouse Model benchmarks.

We were certified by the ICCD for three years, which is the highest level of certification.

Cleveland Public Theatre and playwright Sarah Morton partnered with us to present a preview of her work **"Four Minutes to Happy"**.

We refinished our dining room wood floors and our entrance doors.

The Cuyahoga County Community Mental Health Board (CCCMHB) increased our funding so we could add a position, have more members and more employment opportunities and support.

The National Council of Jewish Women has contacted us and we hope to increase the number of young adults at our Clubhouse. Presently the mental health community under serves this group.

We have had more volunteers and we are looking forward to working with graduate students from the Mandel School of Applied Social Sciences at Case.

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Thank you to our Founding First Ladies-

Cynthia Griggins, President
Miriam Plax, Vice President

By Lori D'Angelo and the Clubhouse

The entire Clubhouse community extends heartfelt thanks to Cynthia and Miriam for their exceptional work as leaders of our Board of Trustees. They have both provided endless hours of work and ongoing enthusiasm. They have not only served us this year, but for Cynthia since the end of 2000 and Miriam since mid-2001, they have provided ongoing leadership to see us through our first year and the years of preparation that have led us to where we are today.

Cynthia joined the then small Clubhouse Advisory Board, after hearing about the Clubhouse from her work on the Board of the West Side Community Mental Health Center as it was merging with Hill House to create Bridgeway in 2000. Cynthia came to the Clubhouse Advisory Board with enthusiasm and great spirit. She has guided us and worked hard to accomplish the many tasks needed to become incorporated. She joined us at the International Clubhouse Conference in 2001 in Chattanooga, Tennessee.

Her current work as a neuropsychologist and ethicist and her previous work as the Clinical Director of the Free Clinic, bring the Clubhouse strengths and unique resources.

Miriam has been working with the Clubhouse since 2001 when the Clubhouse expanded the advisory board with an eventual goal of becoming independent. Miriam is well known in the mental health community for her tireless work with NAMI-Metro Cleveland. She has exceptional knowledge of the public officials and advocacy work and she provides the Clubhouse with invaluable help in these areas.

The team of Cynthia and Miriam supported the Clubhouse in its earliest and very vital stages of growth and we look forward to their continued support as we develop and strengthen in the years ahead. Thank you!!

Harvey Snider, Treasurer, has been appointed to the CCCMHB Board of Governors; therefore he resigned from the Clubhouse. He has also been with us since August 2001. We thank Harvey for his years of dedication and in particular for his legal counsel during our transition, reviewing and advising us on the separation agreements.

Congratulations Harvey! We will miss you, but we are happy for the broader Mental Health Community and we know you will serve us all well.

The clubhouse is looking forward to working with our new board officers: Cleve Gilmore, president and Bettina Katz, vice-president. In November, Cleve will be attending Clubhouse Colleague training, at Fountain House in New York City. He and Lori will be joining Kathy Williams and Fanche Sheeran during the 3rd administrative week.

Tina has introduced the Clubhouse to architect, Thom Stauffer and his team. They have designed a model of our dreams. It will be an exciting year ahead as we move along with our capital campaign.

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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 coworkers, neighbors and friends.***

Special thanks to our recent donors:

Barbara Krasner
Kathryn Weise
Stephen & Betsey Kamm
Kathy Williams
Claudia Kowalski
Stuart Friedman
Elizabeth Fowler
Blair Bradley
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Gregory & Debra Harris
Joanne Poderis
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Kathy Schuster
Jeff Johnson
Beachcrest Towers
Deborah White
Catherine Petersen
Jane Kessler

**In memory of Eleanor Nagelbush
Miriam & Marty Plax**

**In memory of Rosalind L. McFarland
Bruce & Paula Feher**

**In memory of Alice Goldblatt
Miriam & Marty Plax**

**In memory of Sidney Nagelbush
Marty & Miriam Plax**

**In memory of Rosalind Field
Debra Harris**

**In honor of Chris Boja
Jan Giles**

Looking Ahead

- ❖ September Our First Annual Report
New TEs with Bon Appetit- at Case
- ❖ October / November Faculty Training – Worcester, Ma.
NAMI Walk - Voinovich Park Downtown Cleveland
Indiana Clubhouse Coalition- Magnolia Clubhouse presentations
Recovery Conference, CCCMHB- Clubhouse presentation
Clubhouse Youth Coalition Meeting – Wichita, Ka.
Clubhouse Colleague Training- Fountain House

"Divided Minds", by Carolyn Spiro and Pamela Spiro Wagner. Read the book, then join us...
IN MAY- Hear the authors share their story for the benefit of Magnolia Clubhouse,
The authors are twins; one has a mental illness and one is a psychiatrist.

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The United Nations Awards the International Center for Clubhouse Development Special Consultative Status

Article provided by the ICCD

The ICCD has just been awarded Special Consultative Status with the Economic and Social Council of the United Nations (ECOSOC). This is an important event for the worldwide clubhouse community, as it makes us the only international mental health organization to currently hold this status. This will position us to influence mental health policy internationally.

One of the ICCD's strategic priorities is to build strong advocacy alliances with influential international organizations, to assist us in the work of improving the life circumstances of people living with mental illness throughout the world. Our new status with the U.N. will assist us in this critical priority.

Organizations that are awarded this status are invited to attend, and sometimes participate in, important sub-committee meetings of the ECOSOC. We will be regularly informed of meetings and presentations at the U.N. that relate to issues of mental health human rights. Committees of ECOSOC will ask for advice and consultation from the ICCD in our area of expertise. The United Nations states that "this status enables qualifying organizations to make a contribution to the work programs and goals of the United Nations by serving as technical experts, advisers and consultants to governments and Secretariat." As the only international mental



health organization holding this status, we will have an important voice in these discussions.

A few years ago, the ICCD decided that collaboration with a major international organization would assist us in furthering our goal of improving life circumstances for people living with mental illness everywhere in the world. Since that time, we have collaborated with other divisions of the U.N., including the World Health Organization (WHO) and the International Labor Organization (ILO). But for a long-term relationship we decided that the work of the ECOSOC was more closely aligned with our own mission. The mandate of the ECOSOC includes promoting higher standards of living and encouraging universal respect for human rights and fundamental freedoms. These are also the goals of the International Center for Clubhouse Development, as they relate to people with mental illness.

The ICCD applied to the U.N. for consideration for this status. It is an important milestone for the international clubhouse community that our application has been accepted, and that we now have a voice in the United Nation's international work in the field of mental health.

The 13th International Clubhouse Seminar Helsinki, Finland

Reprinted in part from ICCD newsletter, with additions from Clerical Unit

From June 18th to June 23rd, the Worldwide Clubhouse Community gathered for its 13th International Seminar in Helsinki, Finland. More than 400 people from 22 countries came together to learn from one another, to inspire one another, and to celebrate our ever-growing International Clubhouse Community.

The Seminar was co-hosted by Helsingin Klubitalo and the ICCD, and was held in the beautiful Finlandia Hall, in the heart of downtown Helsinki. Workshops covered a wide range of clubhouse topics, including round table discussions about the proposals currently being reviewed for Standards revisions. Our Clubhouse participated in 5 presentations, both as presenters and co-chairs. Our topics included Employer Recognition, Becoming a Free-Standing Clubhouse, Bringing in New Members, Internationalizing the Clubhouse Model, and How to energize Clerical units with a Video Lab. All were well received, and the video lab DVD that was played in two of the workshops especially stirred up interest.

Helsingin Klubitalo graciously offered tours of their clubhouse for all interested Seminar participants. They also organized a lovely social event, a 'Mid-Summer Night Party,' held in the Finnish countryside. The evening included music, dinner, and dancing. As always, the last night's Gala Banquet was a rousing and joyous party. Only in the clubhouse world would you find clubhouse members, staff, board members, and friends, all having a grand time dancing together into the wee hours of the morning.

The Seminar ended with the traditional open mike session, where Seminar participants have the opportunity to express their thoughts and feelings about what they have experienced throughout



Chuck Huth, Lori D'Angelo, Dan Freeborn, Paula Feher, and Kathv Williams represented Magnolia Clubhouse at the 13IS.

the week. As always, the comments were very moving. Clearly, our Seminar is more than a typical conference. Participants in our international seminars always seem to come away inspired, motivated, and grateful to be part of such a wonderful international community of kindred spirits.

"I have been to many conferences over the years, and the two that were the most welcoming and really helped me feel I was a part of a community were ICCD conferences. The information that we share at these conferences is part of the growth of this international community."
Chuck Huth

"This was my first conference and I could not have chosen a better one to attend. I was deeply moved by the individual personal triumphs of clubhouse members who put their fears aside and stepped forward into a wonderful adventure. I was very proud to represent Magnolia Clubhouse as a colleague. I learned how extraordinary we all are. I even danced at the Gala Ball, which I still cannot believe. We have a fantastic international family, which allowed me to share information that touched many lives and continues to give me strength. It has been a great personal accomplishment to be part of the process contributing to the future growth of the international clubhouse community."
Kathy Williams

"Being with Clubhouse people from around the world is so energizing, and seeing everyone participating in presentations, plenaries and celebrations is inspiring. I wish everyone could share in this experience!"
Paula Feher

WHAT HAPPENS WHEN YOU FLUNK YOUR DEPRESSION TEST?

4 Minutes to HAPPY

A Play by Sarah Morton

By Clerical Unit and the Clubhouse

On a chilly evening in early March, Magnolia Clubhouse had a friend raiser event at Cleveland Public Theater. We sponsored a preview of Sarah Morton's one-person play "4 Minutes to Happy", and a discussion with the audience afterward. We were privileged to have Sarah, the playwright and sole actress, join us for the discussion. The event was well attended, and the play was great. Members shared their own experiences of depression, other mental illnesses, stigma and recovery, and their feelings about the play, with the audience. Kathy Williams, a clubhouse member and board member, said that she thought that the play was "a raw to the bone" depiction of depression and she especially liked the play's ending. The play ended with Sarah dancing, and she felt it really expressed the idea of "how hard it is to just let go, experience being yourself and dance." We made some new friends and mingled and laughed with many of our old friends. It was great to hear later that "4 Minutes to Happy" received great reviews in the press and the plays run was extended for several weeks.



Clubhouse Artists on Tour

By Frank Zingale and Paula Feher

Two of our Clubhouse artists, Darlene Golias, and Frank Zingale, had artwork selected for Accessible Expressions Ohio (AEO) a juried, traveling, visual arts exhibition featuring more than 60 artists displaying 75 works. The primary goal is to provide artists with opportunities to pursue their art as a vocation. Most of the

exhibited works are for sale with the proceeds going directly to the artist. The AEO exhibition reaches a wide audience of potential buyers and displays various artists' styles to an audience that may be interested in commissioning an artist's work. The ninth annual AEO exhibit, sponsored by Key Bank, opened in February 2005 and will travel to 15 sites around the state. The sites include public forums, private galleries, and conference presentations such as the Avon Lake Public Library and the Beck Center for the Arts. At the end of the 2005 calendar year, prize-winning pieces will be purchased for the permanent collection. This is Darlene and Frank's second opportunity to exhibit with this show,



and the Clubhouse is proud to see their works being recognized throughout the state.

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New T.E.'s at the Zoo!

By Michael Clark & Paula Feher

Thanks to one of our newest Board members, Liz Fowler, Executive Director of the Cleveland Zoological Society, we have two new T.E. positions at the Zoo. Michael Clark and Cindy Cross are part of the service maintenance team at the entrance area of the zoo. Their jobs include grounds keeping, maintaining the picnic pavilions and bathrooms, and projects such as setting up for meetings and special events. Michael says he **"likes working with a team... everyone is nice and treats me like a friend. I have my first checking account, and I am learning about budgeting and saving money."**



We are grateful to Laurie Stojkov for her support in getting this new employment opportunity off the ground, and expect to have a good working relationship through the years.



The Junior League and the Clubhouse Brighten **Bloomin'**

By Clerical Unit

It was just a year ago that the Junior League came to the Clubhouse to help with a painting project - one room next door, which was to be the beginning of our resale shop **Bloomin'**. This was such a success, we went on to remodel and paint the entire first floor, which became **Bloomin'**. We have been open since last July and our sales and donations have been great. On a recent Saturday morning, friends from the Junior League returned with paintbrushes in

hand, and we quickly brightened up three more rooms. The Clubhouse is grateful for this relationship - it has been great fun to work side by side with the Junior League volunteers. The generosity of this organization, with all the paint supplies, refreshments, and helping hands, has been a real boost to our entire Clubhouse community.



Clubhouse Renovations – A Weekend of Work!

By Clerical Unit

Over the Memorial Day weekend, after several weeks of prep work, a busy group of members and staff practically lived at the Clubhouse, sanding and refinishing our dining room floor. We were ready for lunch on Tuesday (!), a real labor of love – and everyone is thrilled with the results! Later, in July, we stripped and refinished the main entry

door, and replaced the inner door, with the help of Gene Pierre, a great volunteer and supporter! Thanks to many folks, the first floor was freshly painted, too!

