



Magnolia Times

A Newsletter from Magnolia Clubhouse

www.magnoliacubhouse.org

Spring 2009

Psychiatry and the Clubhouse: The Rehabilitation Alliance



Ralph Aquila

Ralph Aquila, M.D., a psychiatrist who works closely with Fountain House in New York City, is coming to Cleveland to conduct a workshop along with our Executive Director Lori D'Angelo and Clubhouse member Dale Washington. The workshop is at the **All-Ohio Institute on Community Psychiatry Conference on Saturday March 21st** at 10:45 to 12:15 p.m. at the Hilton East, Beachwood. Dr. Aquila will also be at Magnolia Clubhouse on Friday, March 20th from 10:30-11:30 a.m.

Dr. Aquila is joining us to share his perspective and describe his unique method of partnership in his work with members of Fountain House, the organization that began the Clubhouse Model. Dr. Aquila says, "While the purpose of the rehabilitation alliance is to support the recovery of members, the interaction with the Clubhouse gives psychiatrists opportunities to humanize their professional roles. My key focus is the belief in recovery for patients with serious mental illness, which for many persons has only been a dream. With the advent of new technologies, advocacy and accountability, the idea of recovery and reintegration is becoming a reality."

We are bringing Dr. Aquila to Cleveland to strengthen the efforts of the medical and mental health community in advocating for increased psychosocial rehabilitation to fill the void in the current system. In addition, Dr. Aquila will share his perspective on how psychiatrists, members and staff can work together to the benefit of everyone. Many of our members' psychiatrists have heard from their patients about the Clubhouse, and have seen the evidence of its effectiveness. We thank Dr. Aquila for coming to Cleveland and to Magnolia Clubhouse to work with us in spreading the understanding of the Model.

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Magnolia Clubhouse kitchen expansion groundbreaking celebration! Tuesday, March 2, 2009



Supported by The Mayer-Haber Memorial Fund of The Cleveland Foundation, The Woodruff Foundation and all of our other generous donors.

Watch construction in progress on our website—www.magnoliacubhouse.org



Welcome New Trustees

We are proud to announce the appointment of four excellent board members to Magnolia Clubhouse's Board of Trustees - Ms. Nan Cohen, Ms. Donnamarie Randolph, Mr. Jonathan Sheldon and Mr. David Wasserstrom.

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Nan Cohen, MBA, CFP is a Principal of Cedar Brook Financial Partners. Her experience includes Lincoln Financial Advisors and Cleveland Financial Group where she was the firm's top planner and instituted the nation's first elementary school level financial education program. Nan founded and ran a regional chain of retail food and gift stores. She is married to Daniel Abrams.

Donnamarie Randolph is a mother of four children and attended Cleveland State University where she earned a B.A. in Psychology. She has spent over 25 years teaching young children. She has also spent 17 years working with children who have mild to severe mental and physical disabilities. Donnamarie has been an active member of the Clubhouse since April of 2007 and recently



completed working a transitional employment position at the law firm of Hickman and Lowder. She is looking forward to her next employment opportunity and is planning to return to school in the Fall of 2009.

Jonathan Sheldon is a Cleveland native. He attended the University of Cincinnati and brings a strong liberal arts background to the Clubhouse. His interests include travel, he lived in Israel for 3 years, and public speaking. Jonathan has been a member of Toastmasters for over 20 years. He enjoys making presentations in the community. He is passionate about politics and is active in the Clubhouse's advocacy program. Jonathan has been a member of the Clubhouse since 2007.



David R. Wasserstrom, APR, is the President of Vantage Communications. He devises and implements strategic public relations marketing programs for clients in architecture/building products, health care, advanced technology, industrial, professional services and non-profit sectors. David's background in journalism has earned him multiple awards and a greater understanding of modern media.



A Contract Agency of the
Cuyahoga County
Community
Mental Health Board

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

In a Dream – at the Cleveland International Film Festival



In Partnership with Magnolia Clubhouse

*Saturday March 28 at 11:45 a.m.
and Sunday March 29 at 7:40 p.m.*

In A Dream is a documentary about Isaiah Zagar, a 68-year old artist living with mental illness. Despite his challenges, Isaiah has devoted his life to creating gigantic and stunning mosaic murals that cover not only his own house inside and out, but also over 50,000 square feet of buildings in Philadelphia.

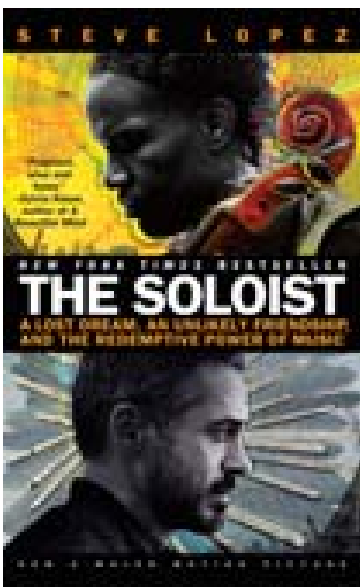
Isaiah's inspiration has been his family, especially his wife and soul mate, Julia. She interprets Isaiah for the viewer, explaining how his work helps him escape his own reality. While it is Isaiah's prolific and monumental work that first draws you to this film, it is the couple's tumultuous relationship and their decision to begin a new chapter in their life together that is so powerful and hopeful.



Filmed by Isaiah and Julia's son, Jeremiah over the course of seven years, *IN A DREAM* is an audience favorite, receiving many awards and acclaim at national and international film festivals.

Magnolia Clubhouse is proud to be a partner with the 33rd Cleveland International Film Festival in presenting this documentary to our community. We encourage you to attend the screening and visit us at our booth at Tower City Cinemas. We will be highlighting artwork created by Magnolia Clubhouse members. For more information and tickets go to www.clevelandfilm.org or call 877.304.FILM toll free. Use our code "MAG" to receive \$2 off each ticket purchased!

The Soloist – Film Benefit in Late April



Magnolia Clubhouse will have a benefit showing of the film: *The Soloist* in late April. Details are being finalized.

The film is based on the book by author and L.A. Times reporter Steve Lopez and tells the story of his encounters and eventual friendship with Nathaniel Ayers a homeless man who is mentally ill and is very musically gifted. Lopez becomes interested in Ayers for a column and discovers that thirty years ago Ayers attended the Julliard School and during that time he developed schizophrenia. Lopez and Ayers develop a friendship which changes both of their lives.

Nathaniel Ayers was a member of Magnolia Clubhouse when it was Hill House. The film illustrates the immense value and healing power of relationships.

For more information go to magnoliacubhouse.org. Please plan to attend!



Partner in Employment- Cuyahoga County Community Mental Health Board Adds a 3rd T.E.

The Cuyahoga County Community Mental Health Board (CCCMHB), led by William M. Denihan, Chief Executive Officer, has been a strong advocate for the relationship between employment and mental health recovery. CCCMHB not only advocates, it participates. "Employment is an important part of Recovery for our consumers. Recovery is working. Just a few simple words with a big meaning that sums up the way I feel about employment of consumers, and why the CCCMHB partnered with Magnolia Clubhouse and became a Transitional Employment Placement," says Chief Denihan.



Mark Hartmann

CCCMHB began its partnership with Magnolia Clubhouse by offering one transitional employment placement (T.E.), a part-time receptionist position. This position has grown over the years, with an additional T.E. receptionist position added in 2005. A Clubhouse member is the first person you will see when walking through the door of CCCMHB's offices. Duties include handling the switchboard, greeting visitors and keeping track of the 50 plus staff. They also include signing for deliveries, sorting the mail, and handling other work as-needed.

Due to the complex level of responsibility, most members will remain in the positions for at least one year allowing for a more successful completion of the placement, a heightened sense of accomplishment, and a marked increase in self confidence. The majority of members completing these T.E.'s have gone on to independent employment, which is attributed to the strong skills developed during the work.

The CCCMHB is in the process of merging with the Alcohol & Drug Addiction Services Board of Cuyahoga County. We are pleased to be included in the merger, not only maintaining the two receptionist positions but now adding a new job in the Community Resources Department. Tami Fischer, CCCMHB Director of Human Resources notes, "Since 2003, seven members of Magnolia Clubhouse have worked as transitional employees in the position of receptionist at the CCCMHB. They are very reliable and take their responsibilities seriously. The transitional employees truly become a part of the CCCMHB family. We are always sorry to see someone leave when their term is up."



Chris Morgan & Theresa Bynum

This newly created T.E. job consists of receiving and logging calls and greeting guests for the RAP Program (Residential Assistance Program) of the Community Resources Unit (CRU). Member Chris Morgan is the first member to fill this new position and living up to the job's expectations. "While interviewing Chris Morgan, it was apparent that he had exceptional communication skills and we created a new transitional employment position to fill a need in the Community Resources Unit," says Ms. Fischer.

Chris's assistance and participation in the CRU will enable us to process requests, provide feedback and offer assistance to consumers and providers more quickly. Members of the CRU greatly appreciate the CCCMHB's partnership with Magnolia Clubhouse and look forward to working with members and staff in the future," says Michael Doud, Community Resources Administrator.

Young Adult Spotlight: Pam Gordon



Pamela Gordon has come a long way in her life. With experiences ranging from living in foster care and surviving a mental breakdown when she was 18 years old, she is now on her way to finishing high school and getting her life back on track.

At just 4 years old, Pam and her brother were taken out of their parent's home. They went from living with cousins, to living in Children's Services' dorms, to living in foster families. Along the way, Pam was diagnosed with both post traumatic

stress disorder (PTSD) and Bipolar Disorder before age 10, in addition to having a learning disability. Reflecting back on her childhood, Pam says that living with these illnesses did not have a significant effect on her, but she had to learn how to manage her symptoms, control her anger and other emotions.

"The Clubhouse helps me be assured that I'll stay out of the hospital."

At age 17, Pam experienced a mental breakdown and was hospitalized with support from her teachers and the case management team. She was put back on her medication, placed in an adult group home, and slowly began to get her life together.

Pam is currently completing 12th grade at Midtown High School through the Positive Education Program (PEP). "I like that it's a school where I can work at my own pace," says Pam "They're not only there for my educational needs but also for my mental health needs." Upon completion of high school, she plans to go into ministry to be a preacher and also wants to become an ultrasound technician.

Pam has been a member of the Clubhouse since August 2008. She is a very spirited and enthusiastic participant on the Communications Unit and has benefited significantly from attending regularly. She can often be seen on the news, helping with tours or working at Magnolia Clubhouse's Bloomin' Resale Shop & Member Art Gallery.

"It helps me be assured that I'll stay out of the hospital", she says of her experience at the Clubhouse. Upon further reflection, she adds, "The Clubhouse is a big support. People help you. It's enjoyable to work and it gives me something to do. It is also nice to meet all the people. It is a very diverse atmosphere and I enjoy that. The Clubhouse is like a safe haven for me and gives me encouragement to keep going. It is also very important thing to continue to take your medicine and learn how to manage your symptoms." We are all proud of Pam for her accomplishments and we wish her much success in the future! Congratulations, Pam!



Pam and Clubhouse friends.



Artists Bloom at Magnolia



There have been many art related renovations and innovations these past few months at the Clubhouse. At Bloomin', our resale shop and member art gallery has truly blossomed, thanks to much work from the Bloomin' committee, a group of enthusiastic volunteers, staff and members, who want Bloomin' to be the best it can be. Until 2008, the member art gallery had always been in the front entry. In November 2008, the clothing room was emptied, repainted, and

transformed into a new space for member art.



Along with the transformed space, several new art-related developments have occurred. In late 2008, an art class taught by member-artist, Claudia Kowalski, began on Tuesday afternoons. According to Claudia, "The class was started with the aim of unifying the Clubhouse creatively." The class decided one of the best ways to do this was by "creating group art pieces, wherein individual members would have equal contribution to create one whole piece". She says ideally "these will be sold at Bloomin' and the profit will be donated to the Clubhouse".

The class provides a time when members can focus their mind on the creative side. Marsha Silverstein, Clubhouse member and devoted fan of the class, feels that it is "a vital part of our growth". What she likes most is "the people and the camaraderie".

Late 2008 also saw the beginning of an artists' coalition which includes Claudia Kowalski, Johnell Tucker and Marsha Silverstein and is growing. Here Clubhouse artists will be able to connect, advocate, and share concerns of all issues relating to their work. The year 2009 promises to keep expanding and growing creatively through the interest in the art gallery, the sharing in the art class, and the unifying in the artists' coalition.



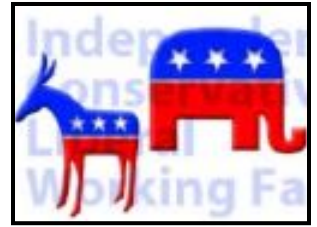
Member art class led by Claudia Kowalski



Member Art Gallery

Clubhouse Runs Successful Voter Registration Drive

Members and staff rallied together to assist a whopping 51 Clubhouse members in the 2008 presidential primary and general election (compared to 36 members who were assisted in 2007). The election season began with a voting breakfast on February 28, 2008, at which time people from the Board of Elections visited the Clubhouse to conduct a workshop on voting. The Board brought with them a demonstration voting booth.



The Magnolia Clubhouse Advocacy Committee assisted 12 people in registering to vote in the March primary election and 9 people for the November general election. Nine people requested absentee ballots and two requested and received assistance in completing their absentee ballots. (Others preferred to complete them on their own.) To complete the voting season, a total of 19 members were transported to the local Board of Elections to vote early. Congratulations on a job well-done!



Some Members' Thoughts on President Obama

Alton Birt: It's good and if he gets the help from the people and the Government he can do a good job.

Willie Harrell: I think he is qualified and when he gets support and the government behind him, everything will be all right.

Johnell Tucker: Obama represents a new beginning for me, and a new beginning is what this country is looking for also.

Renee Sims: I hope he does well. It is too soon for me to make a comment, but he was a good candidate.

Kellen Harper: It's crazy because we was all in slavery a couple of years ago and now we got a black president, its like not real and it's cool because it seems that things are going to come back together. I think he is going to do a good job, when he put his mind to it, and if he keeps doing that he will be fine.

Perry Hines: I think it's a wonderful thing that Obama is President. Let's hope he does a great job.

Bill Edison: Obama is in a situation where things are going to get worse before they get better. He has a lot on his plate and it is easy to set him up for failure, if things don't go the way he plans.

Elizabeth Grushcow: I think it's about time we got a president who has his head screwed on straight but I am willing to kind of wait it out to see how he does. Hopefully he will do a lot better than the last one did, because I don't think we can stand another 8 years of bungling.



Anthony Stevens: I thought this day would never come. I think he is going to work out pretty good while he is in office. I like his character and think he is going to turn this country around.



Deaconess Community Foundation Continues Support for Capacity Building



Magnolia Clubhouse is proud to announce that we have received a grant of \$35,000 to support capacity building from Deaconess Community Foundation. Ms. Deborah Vesy, President and CEO of the Foundation notes, "Empowerment is at the core of the mission of Magnolia Clubhouse and Deaconess Community Foundation. We are pleased to support the building of internal capacity for this vital nonprofit that consistently and effectively helps individuals with severe mental illness achieve their highest level of self-sufficiency."

Support from the Foundation will be used to continue to retain Senior Development Consultant Darlene Rebello-Rao who is providing guidance and strategic assistance with the continued growth of fundraising, marketing, public

relations and governance initiatives and processes at the Clubhouse. Clubhouse Director Lori D'Angelo says, "It has been extremely valuable to our growth to have the expertise of an experienced development consultant. We were also very fortunate to find a consultant who is willing and able to work so naturally with our Clubhouse community, which was a high priority for us. We look forward to the successful obtainment of our strategic goals, including the completion of our capital campaign. This is, of course, a greater challenge over the next few years and I believe this type of expertise makes a vital difference. We are very grateful to the Deaconess Community Foundation for making this possible."



Annual Fund Update: Phone - a - thon

With the challenging times, securing donor support has become more important than ever, and sometimes the best way to ask for help from someone is to call and ask! On a chilly December evening and all throughout the month, the Clubhouse was filled with the chatter of members eagerly calling donors, asking for their continued financial support.

Members appreciated the opportunity to call donors and tell them about the Clubhouse, and many donors were glad to hear from the Clubhouse and showed their support by pledging contributions. Clubhouse Member Dale Washington said "The experience made me think of a telethon on public broadcasting stations. I felt good talking to the past donors. I would like to do it again." Approximately \$3,000 was raised over the course of December due to the efforts of the Phone-a-thon! Many thanks to all the members who contributed their time and talents to benefit the Clubhouse!

Volunteer Spotlight: Ginny Helstern



Ginny Helstern working with Lamont Hines.

When her friend, Paula Feher, a Clubhouse staff person asked her to volunteer at the Clubhouse, Ginny Helstern didn't hesitate to get involved. Since her retirement in 2004 she has been volunteering at the Clubhouse one day a week. A retired high school chemistry teacher and current chemistry tutor at Tri-C, Ginny tutors members in all subjects. She finds great satisfaction in being able to provide individual attention to a member. Member Lamont Hines started out tutoring with Ginny. He says he has now found another friend at the Clubhouse. Lamont adds "We exchange Christmas cards and we talk about all kinds of things". Ginny also says she "hopes it provides motivation to a member seeking a GED, which is the greatest reward."

Born in Washington, DC Ginny lived in Italy and Holland during her childhood. Her father was in the Air Force and the family moved around a lot. Ginny's interest in volunteering was inspired by her mother who was an advocate for volunteerism. During summers in high school, she and her brother volunteered at a day camp for youth with low I.Q.'s and mild MRDD . It was founded by Eunice and Sargent Shriver and Ginny had the pleasure of meeting both Eunice and her daughter, Maria during this time.

Frank Hickman, Ginny's brother, is a leading mental disability lawyer in the State of Ohio. He represents people of diminished capacity. His law firm, Hickman & Lowder, has provided a transitional employment position to the Clubhouse for many years. In addition to giving of her time, Ginny provides financial support to the Clubhouse because she knows it will go directly to programs and services. "It's a unique model with a nice atmosphere and pleasant staff," she says.

It's Easy Being "Green"

Magnolia Clubhouse Recycles

For over 5 years Magnolia Clubhouse is proud that it has been employing "green" methods in its daily operations. The kitchen produces compost and we use it in our flower and vegetable gardens. The entire Clubhouse recycles and shreds paper. Recycling bins can be found in each room of each floor of the Clubhouse. Used glass bottles and aluminum cans are also deposited in their own receptacles. All light bulbs throughout the Clubhouse have been replaced with energy efficient compact fluorescent bulbs and we use "green" cleaning products.



David Leavitt & Leonard Dickey

Every day members gather the recycled items as part of the Clubhouse's daily work. Leonard Dickey and David Leavitt along with the entire Clubhouse help to ensure that Magnolia Clubhouse remains an eco-friendly neighbor and good global citizen. "We make sure the cans are smashed so they can go in the big recycling bin in the garage and the cardboard boxes are flattened for recycling as well." says Leonard Dickey. David adds "I feel good about working with Leonard and being active in taking out the trash and doing recycling."

As a member institution of University Circle, Inc. (UCI) Magnolia Clubhouse is a part of UCI's District-Wide Green Team, a committee dedicated to sharing ideas and knowledge about recycling and eco-friendly operating methods. In addition, building materials used in our capital campaign project qualify at the Silver Classification level and the paper that this newsletter is printed on is recycled. Magnolia Clubhouse looks forward to continuing to be a leader in recycling.



Capital Campaign (Donor list 11/01/08 to 2/28/09)

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Nan Cohen Birthday Party Donors—Capital Campaign (Donor list 11/01/08 to 2/28/09) Thank you to the over 200 Birthday Party donors listed in previous newsletters.

The Honorable & Mrs. Armond Budish
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Annual Fund—In Honor and In Memoriam (Donor list 11/01/08 to 2/28/09)

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In honor of my friends at Clubhouse
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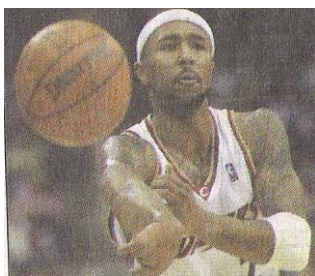
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Thank you Mo Williams for 30 tickets to the game and concession vouchers too!

We had a great time and saw your personal record-breaking game.

We are *J*amilia!!

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