

The Genesis Journal

EXTENDED SPRING BREAK EDITION

March 2020



Genesis House
*Building Community,
Bettering Lives...
Because all Minds Matter*

Care Packages Joel & Mike

On March 16, we were notified that the Clubhouse would be effectively closing its doors for at least two weeks as a precaution against the coronavirus. While we understand the importance of staying healthy at this time, this news was hard to hear because so many of us count on regular interactions with our Clubhouse colleagues for our mental health.

We knew we must do everything possible to keep everyone connected. We quickly started a conference call line, which members and staff call into every weekday at 9:30 and 1:30. The phone number is (952) 222-1750, and the access code is 517 223 1393 #. Join us!

During our calls, we brainstormed an idea to create and deliver care packages to members at their homes. This would allow us to show everyone they are cared about, give useful information, and provide necessary supplies. Members and staff on the call came up with numerous ideas and resources.

Laura called a number of churches and she was able to secure donated nonperishable food. Special thanks to St. Mary's, St. John's, and St. Agnes, as well as Genoa Pharmacy. Joel went to Kroger and received free paper bags for us to use. Jody from our advisory board donated oranges,

chips, and suckers. Susan went shopping items members requested and other goodies. Amy researched resources. Greg and Susan spent extra time organizing all of the materials.

And on Friday, March 20, Mike, Char, and Joel delivered the care packages to 65 members' homes. They dropped off the packages on their porch or doorstep while maintaining a 6 foot distance.



Joel said of the experience:

"I didn't have a lot of interaction, but it was nice to say hello to many members. For others I left it at the door. It felt good to be helping people, but a little weird at the same time. The route went well, I was able to find everyone easily, except one person. Everybody was thankful

when they came to the door. I put on a lot of miles!"



It was clear that the care packages meant a lot to the members who received them. It put a smile on many faces. It also helped more members understand about the conference calls, so we have been able to connect with even more members. Thanks again to everyone who contributed to this incredible team effort.



Stimulus Package by Richard G, Steve L & Greg

Never before in U.S. history has America faced such incredible odds since September 11th, 2001. In many ways, the Coronavirus pandemic has changed our own lives forever. On a global scale, things like daily hand washing, social distancing, and self-quarantine still remains standard practice since the outbreak.

During these difficult times, we need hope, reassurance, and a sense of comfort. Just recently, The White House and Senate negotiators struck a deal, early on Wednesday, March 25th, on a huge two trillion dollar package that will provide

enormous relief to a dwindling economy at the present moment.

Under the plan, individuals who earn \$75,000 or less in adjusted gross income would get direct payments of \$1,200 each, with married couples earning up to \$150,000 receiving \$2,400. An additional \$500 per child will be added on to that, too. 90% of Americans would be eligible to receive full or partial payments, according to estimates by the Tax Policy Center.

This major breakthrough between The White House and Senate, shortly

after midnight, could possibly be the essential ingredient for helping millions of families, businesses, and workers in this nation.

Yes, there is hope, reassurance, and comfort on the way. Unification is key because we're in this together. Together as one country and, most of all, one planet.

Wellness Challenge- Jason, Steve & Laura

Welcome to our Wellness Challenge!

Each day we ask our Genesis House colleagues on the conference calls to identify a wellness related activity (i.e., exercising to a wellness youtube, eating a healthy meal, etc.). We want to make this fun and encouraging to help folks reach their goals. So many great benefits are reaped in joining this daily wellness challenge! Below are some of the benefits that Jason and Steve have identified:

- This challenge creates lots of excitement and enthusiasm for everyone!
- Gives a person peace of mind and great satisfaction when achieving his/her goal
- It helps keep our minds on something positive and inspiring instead of all the terrible things happening in our world right now
- It unifies us when we share our benchmarks/goals with each other
- It sparks and fuels our energy
- We feed off each other's energy and successes
- Strength is in numbers!!

Despite what's going on in today's world, we must strip away the negativity and dig deep within ourselves. We must surround ourselves with people who build us up and not tear us down. Throughout this article, many highlights like motivation, excitement, and inspiration are only a few qualities for gearing up the wellness challenge. Running, walking, bicycling or any sport which requires effort and determination speaks volumes. We're all athletes. Life is never easy and it can be filled with obstacles of every kind. Having peace of mind and a strong level of satisfaction is what counts, much more than steps or calories. Let's rise above this pandemic by coming together as one. Regardless of the distance between us, let's make our own goals and benchmarks in the meantime. Occupy your time with activity. Do better each day. Sooner or later, we'll be one

Easy, Healthy Recipe Danielle & Amy

Check out this recipe that we found. We liked this as it is very simple, most people would likely have the ingredients on hand, and even better, it could be easily adapted to fit your lifestyle or taste! We will include some additions/substitutions at the bottom. This will make such a yummy snack or even breakfast.

3 Ingredient No Bake Peanut Butter Bars

- 1 cup peanut butter
 - ½ cup syrup (honey, maple, agave, whatever you have)
 - 2 ½ cups quick or rolled oats
1. Clear some room in the freezer, you will need it later!
 2. Line an 8in baking pan with parchment or wax paper, or spray with cooking spray. Set aside.
 3. In microwave safe bowl, add peanut butter and syrup and mix together. Heat mixture in 20 second intervals, stirring between each interval until the mixture is warm, fragrant and bubbles begin to form.
 4. Add oats to the warm mixture. Stir and fold in oats until well mixed. Put mixture in the prepared pan and press down so the mixture forms a smooth, even, tightly packed layer.
 5. Freeze 25-35 minutes or until completely chilled. Cut into 18 bars and enjoy.

Possible additions/substitutions:

- *Any type of peanut butter alternative you currently use
- * Coconut flakes (½ cup)
- *Any type of nut you like (½ cup)
- * Mini chocolate chips (¼ cup)
- * Raisins or Craisins or any dried fruit (¼ cup)

Recipe from: beamingbaker.com

*Update: We made this recipe and it took less than 5 minutes to whip up and everyone loved it!



April Birthdays

Bill My: April 1st
 Rob P: April 5th
 Dave T: April 7th
 Terri N: April 9th
 William H: April 10th
 Cindy Z: April 13th
 Shirley T: April 18th
 Claudia G: April 23rd

Jokes Steve

Why did the picture go to jail?
 Because it was framed!

What do you call a dentist in the army?
 A drill sergeant.

What runs but can't walk?
 The faucet!

Have you heard the joke about the butter?

I better not tell you. It might spread.

Book Club Amy

Good news! The Book Club is still ON! We will be holding the Book Club weekly on the conference call line, Wednesdays at 330pm. We discussed a number of options on Wednesday and have decided to start this new format off with a short story. We will be reading a short story from Sherlock Holmes The Adventures of the Red Circle. Anyone who is interested is welcome to read and join us. A URL to read this book for free will be included below. We are asking each member of the book club to also bring 1-2 ideas for what specific book, TedTalk, article, audiobook etc. to the meeting on April 1st so we can make a decision of what we will start on next quickly. Anyone who wants to join us is welcome.

[https://manybooks.net/book/123087/read#epubcfi!/6/2\[titlepage\]!/4/1:0](https://manybooks.net/book/123087/read#epubcfi!/6/2[titlepage]!/4/1:0)

Employment AI

The most difficult part of actively networking with co-workers right now is that the natural opportunities are all but gone. So if this was your primary source of connecting, you'll need to be more intentional about it now. Perhaps you were used to making the rounds at the office, catching up over happy hour, or shooting the breeze with your running group. When these opportunities are shut down, it's easy to let one week, then two, then a month go by without connecting. Since we don't yet know how much time will be needed to successfully flatten the curve, don't wait. Be proactive in finding new ways to network daily such as emails, social media, webinars, online group chats or whichever technology feels most comfortable to you. This way you'll stay top of mind and be exposed to new information more readily. (From Forbes Magazine)

Jobs now hiring in our area:

*If you need help applying for these jobs please leave a message for AI at the Clubhouse (517) 223-1393

In home Caregiver for Positive Steps: <https://www.indeed.com/viewjob?cmp=Positive-Steps-Inc.&t=Home+Caregiver&jk=72dfc4a0f3f07cd2&vjs=3>

Seasonal Cashier at Aldi:

<https://www.indeed.com/viewjob?jk=e0c7cee85d5016e5&tk=1e49t05944tij800&from=serp&vjs=3&advn=3326361299086209&adid=330923688&sjdu=QWF4TUFYrHvH7u082A4fzcrSMPuOXE7EuJdMOEw4So>

Night Time Security Guard at Saint Joseph:

<https://www.indeed.com/viewjob?jk=35907be25b09dfoa&tk=1e49t2lod438t800&from=serp&vjs=3>

Education Club Amy

The Education Club is also still meeting via the conference line at 3pm on Mondays. Please join us to discuss any educational goals/questions you may have. We can also discuss ways to improve our program both during this time as well as when we are able to meet in person.

There is also a strong desire to have a Journaling group, so we will be discussing this Monday, after the education portion of the meeting for those interested! Looking forward to talking with everyone!

Additional Resources

We will continue to pass along any new resources we become aware as we learn of them. We will post them on our Facebook page as well as include them in print material we send out. Please utilize these or any others if you need them!

Food:

SonRise An Assemblies of God Church

1130 W. Highland Rd. Howell MI; 517-546-2669

BY APPOINTMENT ONLY: Mon: 6:30 pm – 8:30 pm, Tues: 9:30 am – 11:30 am

Hidden Springs Church

5860 North Latson Rd. Howell MI; 517-546-3577

Tue: 9:30 am – 3:00 pm, Weds: 9:30 am – 6:00 pm

Family Impact Center

735 North Grand Fowlerville MI; 517-223-4428

MUST CALL AHEAD FOR APPOINTMENT (BY APPOINTMENT ONLY) Tues: 10:00 am – 3:00 pm, Thurs: 10:00 am – 3:00 pm & 6:00 pm - 8:00 pm, Fri: 10:00 am – 2:00 pm

Rides for Essential Matters (food, medical, etc.)

Love Inc. may be able to find volunteers to help with this need, however, they need at least a 2-3

Creative Writing

Come, let's build castle - A Camp Talahi Poem

By: Alyx S.

Hanging with the crew down at the beachhead
Dretches and scamps along all ignoring
Factions and friendships all forgotten in the pursuit of a
good time
With the sun beating down and a good breeze rolling
Shade cast about by well-placed umbrellas along the sand
line
We all forget even ourselves just to relax in this God-
given nature view
Steves and sadras, redguard and ronin around
Cast aside ye your weapons to that bitter ground
Maybe for even just a day we can all partake of the bounti-
ful cup
On days like these it seems even the wasps are docile
The GMs and DMs of the world cast aside their dice just
for this one week
Bankers in their private monopolies gathering in together
to share the wealth
A wealth not monetary, that of a truer prosperity
Rising up from the heaps of wet sand in the hands of chil-
dren
Come, let's build castles
Clump together the earth and its many grains
Together to build up the most fragile of fortresses
Just for the day all sinners to be cast as new from the
clay
Bros all hangin loose from the docks
In the wind with a faint scent of piano playing from
the hill
In the end if that's all we remember

Hope: Shapes Your Life

By: Terri N.

Hope is a word that builds your confidence in Life.
Outlook towards shaping your future Life.
Positive thinking towards Life.
Enthusiasm is there to brush-off any problems in your
Life and to propel forward when times are rough.

Dream if You Will

By: Brian Mo.

Generously spirited while beside myself I currently now
do want
Graciously I nudge myself to vainly take capture
Take
Grab
Seize in what I speculate and what is deservedly owed
Outdoors to the iced earth brings a plenty blitz of precip-
itation
And the glazed without outdoors ceilings that are snowed
The weather as mentioned risky and the rounded clouds
glimmering dark grey
Yet the vibrant sun continues to illusive distant warmth
Memorable days such as this were chronically tabulated
for good and to be cherish
Do some earnest soul searching

Contact Information

Genesis House Phone Number: 517-223-1393

Van Phone: 810-599-0573 **LETS:** 517-546-6600

Address: [501 W. Grand River, Fowlerville, MI](#)

Email: genesishouse10@gmail.com **Web:** genesisliv.org

Facebook: www.facebook.com/genesishouse1/

Also, be sure to check the CMH Website for updated
COVID information: www.cmhliv.org



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Reachout Report

During this time of "distant socializing," we have been contacting members often to make sure we stay in touch. As we made our calls, some members volunteered to put their statements into the newsletter so that other members can know how they are doing. If you want to be in it next time, just let a staff know.

Michelle K - "Keep calm."

Sue L. - "I loved my care package! I was so surprised! It made my day!"

Cindy H. - "I'm doing great!"

Bruce B. - "I'm doing ok."

Lisa Sk.- "I'm doing good. The care package was really nice".

Richard A. - "I feel great!"

Donna C. - "I'm doing fine. I like the care package. Next time put more cans of chicken in there."

Sarah M.- "I'm doing good, just going a little stir crazy. I am going to call into the conference calls."

Ben D. - "Hanging in there. If anyone has any suggestions of where to get toilet paper, let me know."

Traci T. "I'm doing okay now. Trying to relax and not go crazy. I'm still working at Bush's."

Jason- "I'm doing alright. I've been out walking every day. I'm relaxing and doing okay."

Fred- "I'm doing fine. Getting in my wellness all week long by walking in my complex."

Dave T. "Working on stained glass, which keeps me busy and keeps my mind off of things. I also joined the book club. Overall, everything is fine."

Joel- "I've been doing good."

Mel- "I am doing fine. I wish I could get out and be more active. I enjoyed receiving the care package. Be healthy!"

Anonymous - "Life is like a fart, if you blow it, it stinks."

Inspirational Quote, Affirmations By

By Laura

"Reach for clarity. Push on through the storm of information around you. See through the confusion and conflicts. Keep your mind calm and focused. Find the truth."

"Help one person at a time and always start with the person nearest you. This is the time to look out for and help our neighbor (literally)."

"Rest and self-care are so important. When you take time to replenish your spirit, it allows you to serve others from the overflow. Let's all slow down and focus inward...for a time."

"Remember upon the conduct of each depends on the fate of all. Now is the time for each of us to be part of the "team" in our society; doing what's best for the whole."

"We need to put some extra space between ourselves and take some deep breaths. We need prudence and level thinking, not fear."

New Member Spotlight

Sarah M & Renee

Justin G:

What do you like about coming to Genesis House?
"I like that everyone is very friendly. I have made new friends here and it helps me not feel so lonely."

Tell us a little bit about yourself
"I grew up in Fowlerville. I like to play video games and just hang out"

What are some things you do in your free time?
"I like to snowboard, workout, come to Genesis House, play video games."

Please join our virtual Clubhouse!

We are talking every weekday on a conference call line.

Calls are at 9:30 and 1:30.

The **phone number is (952) 222-1750**, and the access code is 517 223 1393 #.

We hope you join us!