

G.O.C. GAZETTE

THE NEWSPAPER FOR THE
GAINESVILLE OPPORTUNITY CENTER

Gainesville Opportunity Center, Inc.



A World of Growing Opportunities
www.GoClubhouse.org



As you may remember back in February, we told you that WUFT Television had been awarded a grant from WPBS in Boston as a follow-up to the "This Emotional Life" Series. The series chronicled ways that people are handling emotional stress and mental health issues. The grant was designed to bring some local stories to the forefront. Pam Shamel, who is the Director of Education and Outreach at WUFT, wrote the grant and immediately thought of the Gainesville Opportunity Center.

Well the video is done and we couldn't have asked for a better film to highlight GOC, what we do, who our members are, and what are needs are. You can view it via the GOC website homepage or via You Tube.

Our hope for the video is to show it to potential employers, and potential members, and to anyone who wants to know about

GOC. The video is twelve minutes long and showed the clubhouse, Greg in his apartment, and Joel at work in the kitchen in a local High School.

The more people know about the clubhouse, the more potential members we will have, the more employers will understand about us, and the more people who want to donate money to non for profit organizations will know about us.

The video showed how hard it is for people to just get up in the morning, and how GOC is like an oasis in the lives of people who have mental illness. The three main types of mental illness discussed on the video are depression, bipolar, and schizophrenia. There may be different kinds of mental illness, but the GOC is a place where people with any mental illness come together to do meaningful work, get out in the workforce, have fun and to just have a

place to go to that is comfortable.

GOC would like to thank Pam Shamel for writing the grant and thinking of us. We greatly appreciate you giving us the opportunity to tell our stories. We also want to thanks Travis Chapman and the team at Studio 601, for all their hard work. You made us all look great, and more importantly, you captured the clubhouse spirit so beautifully. Thank you so much

If you have some time, and are surfing the internet, take 10 minutes and watch the video. Let us know what you think about it. Let your friends and families know about it too. We want the world to see what we are doing here in Gainesville and what we hope to be doing in the future. We want to share our dreams.

-by David Stevens and Pam Demers

WE NEED YOUR HELP!!!



Mike and I have been asked so many times by people we have met in our travels: "What can we do to help?" Some people have donated their time by volunteering at the club, and others have donated items and still others have donated money. All of this has been received with welcoming arms and full of thanks. We would not be here today without those generous people. We are truly grateful for your generosity.

However, we need more help. As some of you may be aware, the space we currently occupy comes from Catholic Charities, and they have begun construction on their new building,. They have space for us but we don't have the finances to move in there. So we need to find a new home.

We aren't super picky, but we do have some basic requirements: The location **HAS** to be on the bus line as 90% of our members rely on public transportation only. We could utilize a large room (similar to what we have now), but would prefer an entire building. We also would love to own that building. How would we pay for the repairs, upkeep and bills? Well that may be easier than you think: Once they secure a space, most organizations find getting donations for

building repairs, upgrades, and other such things easier.

With our own space and some additional funds and staff, we could stay open more days per week, offer more employment opportunities and, our ultimate goal, become an ICCD Certified Clubhouse-- which will help ensure that we are one of the best functioning clubhouses around the country.

So if you have a building or some space that you would like to donate to us, or know someone that may have a building or space available, please let us know. As always, donations are welcome and greatly appreciated.

By Pam Demers

OUR CALENDAR

June
 June 7 - GOC Board Meeting
 June 11 - FCC Meeting
 June 14 - Flag Day
 June 16 - Dinner and a Movie
 June 20 - Father's Day
 June 25- Christmas in June

July
 July 4 - Independence Day
 July 5 - **CLUB CLOSED**

July 12 - Board Meeting
 July 21 - Dinner and a Movie

August
 August 2 - Board Meeting
 August 16 - **Club Closed**



BIRTHDAYS

JUNE
 June 4 - Pam
 June 7 - Mike, Jane
 June 20 - Angie
 June 26 - Joe

JULY
 July 6 - Eric
 July 14 - Catherine
 July 24 - Jon

July 25 - Dana
 July 26 - David

AUGUST
 August 5 - Debbie
 August 8 - Shirley
 August 19 - Robin



CLUBHOUSE EMPLOYMENT, EDUCATION AND VOLUNTEERISM - OUR MEMBERS AT WORK

| Education | | |
|------------------|---------------|-------------|
| Location | Degree | Member |
| Santa Fe College | AA Humanities | Mike Gimson |

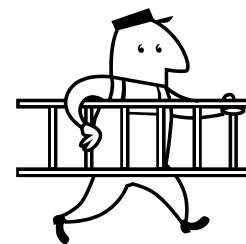
| Volunteer Work | | | | |
|------------------------|------------|----------|-------|---------------|
| Place of Work | Position | Schedule | Hours | Member |
| Gainesville Pet Rescue | Dog Walker | Saturday | 4 | David Stevens |

| Supported and Independent Employment | | |
|--------------------------------------|---------------------------------------|----------|
| Member | Position/Employer | Hrs/Week |
| Andy Bernard | Dishwasher/Meridian | 16 |
| Dave Byrd | Peer Specialist/Meridian | 20 |
| Sara Olney | Fiscal Clerk/Meridian | 8 |
| Sandy Callan | Peer Specialist/Meridian | 20 |
| Greg Umlauf | Crew Member/Burger King | 20 |
| Regis Gates | Peer Specialist/Meridian | 16 |
| Jane Perez | Courtesy Clerk/Winn-Dixie | 20 |
| Dave Jefferies | Groundskeeper/Meridian | 4 |
| Joel Andreasen | Kitchen Asst./St. Francis High School | 25 |

Employment quote of the month:

“Our greatest glory is not in never falling but...in rising every time we fall.”

~Confucious



- Need a job?
- Don't know what you should do?
- Submitted applications but haven't gotten a job?
- We can help!

Stop by Monday, Wednesday or Friday to see Pam or call her at 224-5523

GOC'S NEWEST EMPLOYEE JIM COOK



GOC is proud to introduce our newest employee, Jim Cook. Jim had recently relocated to the Gainesville area and was looking for something meaningful to do. He came across GOC on the internet and was intrigued. After coming for a tour and talking to Mike and Pam he started volunteering 5 months ago. He worked on a variety of projects but mostly on locating a new

site for the clubhouse. In June he connected with The Senior Community Service Employment Program through the Florida Institute for Workforce Innovation, who were able to work with Mike and Pam to set Jim up as an employee at GOC. He works on fundraising, marketing, and continues to help with locating a new site for GOC.

Before working at GOC, James had been

self employed for most of his life, and worked for several non-profit companies. He had no fear coming back to work because he was glad to be going back to work.

The most rewarding part about going back to work for James is a great sense of self worth and esteem, and the knowledge that he is making a difference.

- by David Stevens



EXISTING MEMBER INTERVIEW WITH ANDY BERNARD



Andy has been a member for three years. He found the clubhouse through Sue Eichner, the Director of Social Rehab.

Here at GOC, Andy works in reception, cooking, job search resume, and developing a home computer site. His favorite part is the reception by the radio. He

works at Meridian Health Care in the cafeteria as a dish washer. He got that job through job coach Jeff Speiler.

Andy has been to Vincent, Sedona, and Success clubhouses. When he is not at the club, he visits his girlfriend, goes to movies, restaurants, and church. Andy gets to the club by car.

Coming to the club has helped Andy by feeling better about his condition. Andy recommends coming to the club, and some of the people he recommended to the club are Mike Lehman, Clay Neil, Jane Perez, and Terry Gilberti.

- by David Stevens



A MEMBER'S STORY — GREG UMLAUF



Greg has been a GOC member since July 2008. He found out about the clubhouse at a NAMI Walk-a-Thon where he met the executive director, Mike Demers. He volunteers at the club, helping other

members with a variety of things, as well as writing articles for the GOC Gazette.

Greg's favorite part of the clubhouse is making a difference in people's lives whether as member or as staff. He currently works at Burger King as a crew member.

Greg was diagnosed with Bipolar Mood Disorder in 1975 at the age of 17. He claims his whole entire adult life has been affected by this illness where he has been through over twenty major hospitaliza-

tions and even more time in half-way-houses. His life has been fragmented by all these interruptions. Greg is very grateful just to be alive after being so depressed for so many years and he gives much credit to scientific researchers for improving meds which help him lead a stable life.

He has written three books on mental health issues including an autobiography where he also gives credit to all the taxpayers contributing the funds to help improve mental health awareness. Greg has also written over 300 songs since 1979 and has even recorded some in professional studios.

Some highlights of Greg's employment are working as an apprentice optician, warehouse manager, manager of a high end cabinet shop, as well as a Peer Recovery

Specialist at Meridian Behavioral Healthcare, Inc., for which he currently holds certification.

Greg says he is the most content and even happier in his life now than what he called a "fairy tale" childhood. He understands how fortunate he is to have a very supportive family and a great team of professionals that work with him week to week.

Greg would like to say to anyone who is down and ready to give up: "give God time to heal your wounds, life is a very precious thing".

By coming to the clubhouse, Greg says it takes focus off the attention on himself so he can help others. Greg's 52nd birthday is coming up in May.

-by Pam Demers

We're on the Web at:
www.goclubhouse.org

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 A World of Growing Opportunities
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The Gainesville place where people whose lives have been drastically disrupted by a mental illness come to rebuild their lives.

- Meaningful opportunities in Gainesville community
- Important work
- Restorative environment emphasizing abilities and talents
- Help with education & college degree programs
- Access to services, supports, housing
- Friendship



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