

CHARTER HOUSE JOURNAL

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COORDINATOR'S CORNER

Hi my name is Judy Terry

Though I haven't been a member of Charter House a very long time, I have been privileged enough to experience the kindness, intelligence and the humanitarian standards that both Ashley and Celeste convey to all the members of Charter House! Being a new person is sometimes overwhelming, but I was fortunate enough to find clarity in my position.

Whenever I turned to each of these young woman, whom could be doing so many other things in life...they were always willing to provide me with helpfulness... so it's not the amount of time that you've known someone but the significance of that time. Good luck to both of you.

Melinda and Lucia left Charter House this month after almost 7 years and 3 and a half years respectively. It was a pleasure for them to work with us. Celeste and Ashley, our interns, are leaving Charter House as well. It was a pleasure to go on a lot of outings with them. They will all be missed. It was fun to go on the Big Summer Trips over the years as well as the all the activities and working on the units with them all.

Mike Endriss

SPECIAL POINTS OF INTEREST:

- *Importance of Regular Membership*
- *Dealing with Depression*
- *Neural Newsletter*
- *Wolf Hunting Ban*

CHANGES IN CHARTER HOUSE

In Charter House there used to be three units, the Admin. Unit, the Kitchen Unit, and the Maintenance Unit. We have now changed these three units into two units, the upper level unit, and a lower level unit. These units will have new names soon but those are still to be determined.

The upper level unit includes admin. which handles the clerical things like answering phones and doing computer related tasks. Then there's also the janitorial part which cleans the upper level of the building and keeps every-

thing looking nice. The upper level is also in charge of employment, helping get people with transitional and normal employment. They also are working on helping get people transportation to and from Charter House.

The lower level unit includes the kitchen which obviously cooking and serving lunch. The snack shop is also in charge of the snack shop, running and maintaining the shop. The lower level also will help people with their education, helping people get there GED or more. The lower level also has

janitorial duty's including grounds cleanup and indoor cleanup. Health and wellness will also be setup and discussed by the lower level including, meditation, and physical exercise, even though it will be taking place upstairs.

The whole reason for doing this is because we're trying to become an accredited club house. We decided to do it this way so no unit would be looked up to or down upon because we are all equals here at Charter House and should be treated as such.

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THE FOUR MAIN KEYS TO MENTAL WELLNESS

There are many keys to mental wellness, some clinical, like doctors and medication. Then there's the inner self step like physical fitness, meditation, good problem solving skills, and good structure.

Physical fitness plays a very important role in mental wellness. Giving yourself a good workout a couple times a day will help you let out any aggression in a healthy way. It also releases endorphins in your brain to make you happier and more motivated to take on your weekly tasks.

Another important key is good problem solving skills. Without good problem solving skills, you will probably find yourself irritated quit easily. With good skills, you can handle a good work load and accomplish much more in your daily life.

Good structure will also help because without it there is no plan and nothing gets accomplished. Structure is very important because it helps you know when you're supposed to do things such as when to eat, sleep, bathe, and other important things you need to

do to finish the day.

Finally meditation plays a big role in mental wellness. Leave time to just relax and unwind from the day. Meditation is a tool that can help wash away the overwhelming load of the work day and get to a state of total relaxation.

If you follow all these key's you will have an overall better state of mind and mental well-being. To apply all these key's takes time and will power, but, in the end it's all worth it.

THE IMPORTANCE OF REGULAR MEMBERSHIP

Being a regular member to Charter House is very important because it helps give you structure. Having a structured routine is important for everyone because it helps you know what you're supposed to be doing. The structure of the club house provides many people with hope and faith, that they can overcome their illness and live normal happy lives.

Charter House makes you feel needed like you do make a

difference and at the end of the day isn't that what we all really want. To feel needed helps you mentally like if you suffer from depression. Feeling needed and wanted is going to make you feel better make you happy.

The work load around Charter House isn't much or hard, but there's lots for everyone to do. Keeping busy can help you by occupying your mind on your work instead of thinking about bill or other

stressors.

The club house is very important to me because it gives me a place to go and work to do. Charter House makes me feel needed and like I really make a difference. It's given me structure it's got me up in the morning, work to do, meals, and it gets me to sleep at night. I don't know how I went so long without knowing about this program.

THE BENEFITS OF SAGE

Sage has many uses. Sage is used for antidepressants, memory loss, and digestion problems, all the way to insect repellent. Next time you're picking out a candle or lotion think sage because of all its healing quality's. Some ways of using sage are candles, lotions, essential oils, and tea.

DEALING WITH DEPRESSION

People come with many types of depression and varying levels of severity. Many are chronic and debilitating. Some are caused by a traumatic event, while others just seem to get a little worse every day. Whatever type, depression is a condition that can have a devastating impact on you and your family.

Some symptoms of depression may include social isolation, anxiety, low motivation, low energy levels, and low self-esteem. Healthy ways of dealing with depression is to try and be more social. Push yourself to do more things, be physical. Physical fitness helps a lot with depression because of the endorphins released in your brain making you happier. No treatment provides

instant relief. And it can be a long struggle with many setbacks. Depression is treated in a variety of ways, including therapies that may include medication. These approaches can provide some relief by creating ways to cope or mask the symptoms.

Lots of people are facing the same things every day. In a society where image is everything, people are experts at putting on a happy face, but there's lots of pain simmering beneath the surface for plenty of folks. I've never regretted opening up to others, and in several notable cases, it earned me some of the best friends I've ever had.

There is no final destination. Life is a journey, and happiness stems from the journey

itself. It's about finding joy in the here and now -- in this very instant. I'll have low moments again, undoubtedly, but there's happiness to be found even in the darkest hours, and that's something I never came to grips with before.

I can make it out. While the support, assistance and tear-soaked shoulders of those I loved were hugely beneficial, no one could walk the path to recovery for me. Other people (doctors, therapists, family members, and friends) could lend a hand, sure, but that first step (and second and third, et al) had to be my own. Self-empowerment leads to lasting change. And lasting change is possible.

LOW LEVELS OF VITAMIN D AND DEPRESSION IN YOUNG WOMEN

A new study from Oregon State University suggests there is a relationship between low levels of vitamin D and depression in otherwise healthy young women. Vitamin D is an essential nutrient for bone health and muscle function. Deficiency has been associated with impaired immune function, some forms of cancer and cardiovascular disease.

People create their own vitamin D when their skin is exposed to sunlight. When sun is scarce in the winter, people can take a supplement, but vitamin D also is found in some foods, including milk that is fortified with it. The

recommended daily allowance of vitamin D is 600 IU per day. There is no established level of vitamin D sufficiency for mental health.

Kerr's study focused on young women in the Pacific Northwest because they are at risk of both depression and vitamin D insufficiency. Past research found that 25 percent of American women experience clinical depression at some point in their lives, compared to 16 percent of men. Many women in the study had vitamin D levels considered insufficient for good health, and the rates were much higher among

women of color, with 61 percent of women of color recording insufficient levels, compared to 35 percent of other women. In addition, more than a third of the participants reported clinically significant depressive symptoms each week over the course of the study.

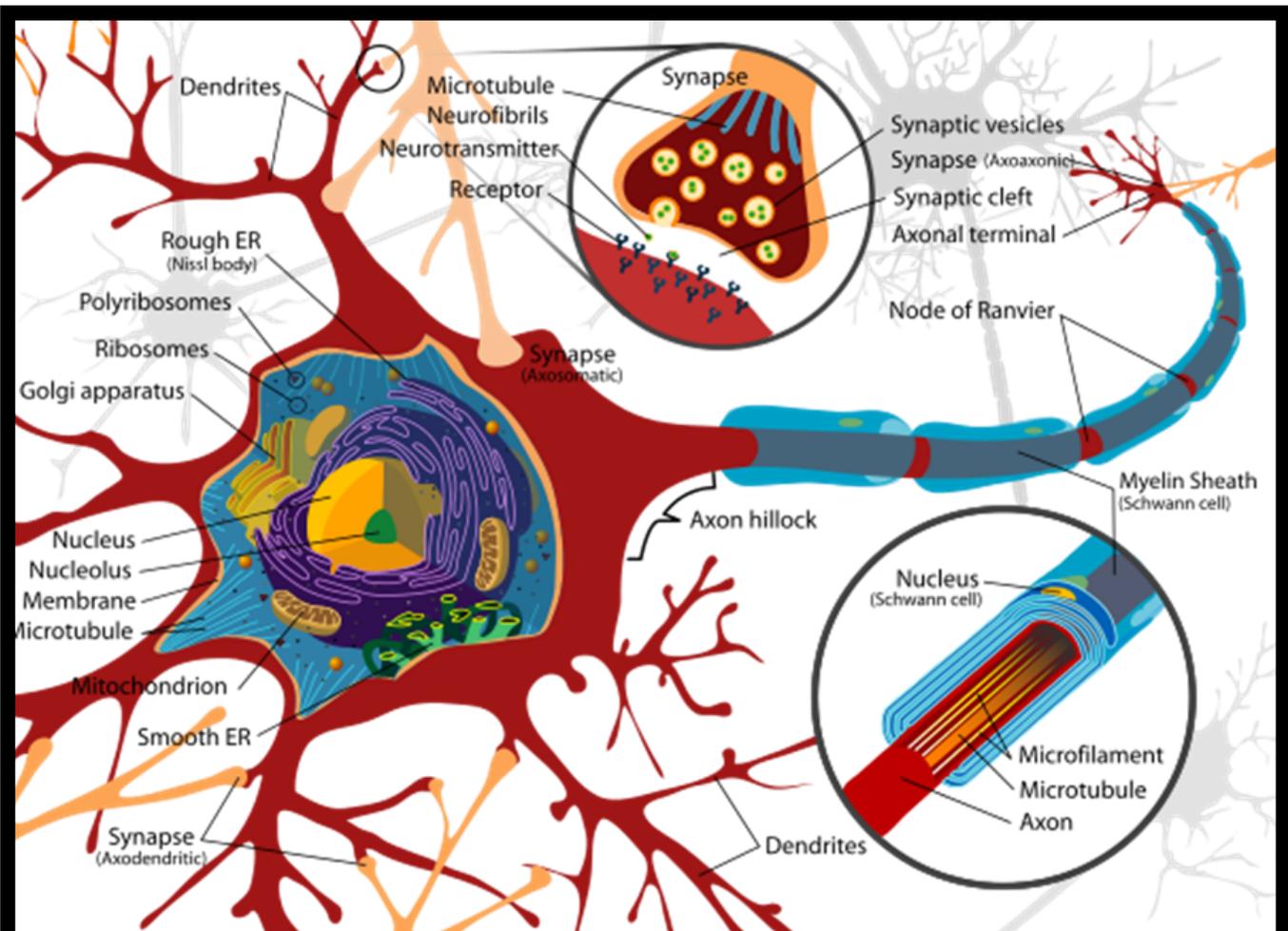
Researchers say the study does not conclusively show that low vitamin D levels cause depression. A clinical trial examining whether vitamin D supplements might help prevent or relieve depression is the logical next step to understanding the link between the two.

NEURAL NEWSLETTER BY TONY LACK

Cell

The basic unit of life is a cell. This means little room derived from the latin cella. Before any discussion of the cell can happen we need to define what life is. The 7 requirements of life are homeostasis or the ability to regulate processes so they stay within certain parameters, organization, metabolism which is cellular transformation, growth, adaption, response to stimuli, and reproduction. The structure and function account for these requirements and we will first discuss the structure of cells. An important concept that allows structures to have specific functions is compartmentalization of the segmenting of the cell into specific regions.

The cell is enclosed by a membrane which is semi permeable or rather able to allow passage of certain molecules, the parts of the cell adapted for specific functions are called organelles. This serves as a barrier to protect the inside functioning of the cell. It is constructed of a special type of fat. The inside is filled with protoplasm which all other cellular machinery floats in. Protoplasm is a jelly like substance. Next in the cell are proteins which are the work horses. They are responsible for transformations of chemicals. Ribosomes are related to proteins because they are the cellular machinery which constructs proteins after a message is sent from the DNA in the nucleus. The nucleus in typically in the center of the cell are has an envelope protecting and segmented DNA from the rest of the cell. DNA is deoxyribonucleic acid and is considered the blueprint of the cells. All DNA in an organism is the same it is the messages sent from the nucleus to ribosomes resulting in differing proteins that leads to different cell types. Surrounding the nuclear envelope is the endoplasmic reticulum which is the highway for molecules. The cell has its own skeletal like structure called the cytoskeleton. The power generating part of the cell is called the mitochondria. Golgi apparatus is the shipping center.



Neuron

The neuron is a special type of cell found in the nervous system which includes the central nervous system (brain and spinal cord) and the peripheral nervous system.

The neuron has three major structures. The axon, dendrite, and soma. The axon is the information output. It provides an all or none electrical signal the synaptic bouton. There is only one axon per neuron. The dendrite serves as the information input area. Usually there are a great number of branching dendrites. The soma is the center of the cell. It contains the nucleus and the cellular machinery for making proteins.

The axon synapses or almost contacts a dendrite. Within the space between the neurons the electrical message of the axon is changed into chemical messengers. These include glutamate, serotonin drugs act. Once a chemical messenger is released from the end of an axon it binds to a protein on the surface of the dendrite. This is called the synapse.

The chemical messengers are called neurotransmitters. When they bind to the dendrite proteins they either allow ions to pass through proteins or they activate what is called a metabotropic receptor. These receptors are called so because they create change metabolically. Meaning they create chemical change. These receptors tell other molecules in the cell to change how the cell is being regulated.

The receptors on the dendrite are gabaergic, cholinergic (activated by acetylcholine), glutamatergic, dopaminergic, and serotonergic. There are two types of cholinergic receptors, both ionic and metabotropic. The gaba receptors are ionic. They are thought of as negative receptors due to the fact that they stop action in the cell. Glutamatergic receptors are both ionic and metabotropic. Dopamine receptors are metabotropic. Serotonin receptors are ionic but most are metabotropic. A lack of serotonin in the synapse has been linked to depression. Prozac and Zoloft work by stopping the uptake of serotonin after its release into the synapse.

The Brain

The brain is made of many different lobes. These lobes are the occipital lobe, temporal lobe, parietal lobe, frontal lobe, and the limbic lobe. Including the lobes the brain is composed of the midbrain containing the thalamus. Also, the brain is composed of the cerebellum, pons, and medulla oblongata.

The occipital lobe is in control of visual processes. The temporal lobe has much to do with the processing of emotions. The parietal lobe deals with sensations hearing, language, attention, and spatial recognition. The frontal lobe deals with executive functions. The limbic lobe is in control of emotions. The cerebellum is responsible for planned motor actions. The pons relays signals from the forebrain to the cerebellum which deal with sleep, breathing, swallowing, bladder control, hearing etc... The medulla oblongata is involved with unconscious processes such as sleeping and breathing.

Antipsychotics

These work at D2 receptors which are a subtype of dopamine receptors. Importantly the area that is affected in the brain that needs the use of these is called the mesolimbic system. This is a group of neurons that travel from the brainstem to the limbic lobe. An imbalance in the regulation of these neurons occurs. Antipsychotics block activity at the D2 receptor bringing balance back to the mesolimbic system.

Mood Stabilizers

Lithium works by interacting with dopamine receptors and increasing the amount of serotonin in the brain. NMDA receptors are also involved. Anticonvulsants also work as mood stabilizers.

HOLOCAUST SURVIVOR

Martin Lowenberg, Holocaust survivor, speaks about his experiences during the war after a presentation Monday, March 9, at John Glenn High School in Bangor Township. The Bay City Holocaust survivor recalls Kristallnacht Martin Lowenberg talks about his experiences on Kristallnacht, Nov. 9, 1938.

BANGOR TOWNSHIP, MI., For most students at Bangor Township John Glenn High School, hearing Holocaust survivor Martin Lowenberg speak was moving and enlightening.

For Johanna Koechling, though, it was personal. A 15-year-old foreign exchange student from Germany, Koechling said a member of her family hid a Jewish citizen during the Holocaust. When Lowenberg finished speaking, she made her way to the front of the auditorium to introduce herself.

"He was talking about part of the history of my country, and I think it's part of my responsibility to learn as much as I can about it," she said in a German accent. "We start learning about it in elementary school ... right now, I would have a whole year about Hitler and the Holocaust at home, where we would focus just on that."

Lowenberg, a stout-figured man with graying hair and a black-and-gray yarmulke, spoke and posed for photos with student after student on Monday, March 9, following his speech about his life in Germany. A survivor of Nazi Germany and a Southfield, Michigan resident, he regularly speaks about his experiences.

"(It's) to let people know what misery can do to you, and how you can adjust yourself to a better life and better life for others," he said.

Holocaust survivor speaks to Bangor Township's John Glenn students Martin Lowenberg, Holocaust survivor, talks with Johanna Koechling, an exchange student from Germany, after a presentation Monday, March 9, at John Glenn High School in Bangor Township. Yfat Yossifor | The Bay City Times

Koechling, who is from Marsberg, roughly 75 miles from the Germany-Netherlands border, said hearing Lowenberg speak is much different than reading about her country's history in a book.

"In elementary school, they don't tell us the horrible things, but we start learning about everything that was happening -- that there were concentration camps, and that Hitler started the second World War," she said. "When you talk to someone who really lived through it, it's way different than learning it from textbooks."

Koechling said she thinks it would be difficult to live with the kind of memories Lowenberg must carry.

"It's really hard to recall all those experiences all the time," she said. "I'm not sure I would like to have it in my mind all the time, and listen to questions that make me get all emotional."

Lowenberg's audience was made up mostly of students in Dale Clyde's U.S. History and Holocaust courses at John Glenn High School.

"It doesn't happen often enough, and it's getting harder and harder to happen every year," Clyde said, noting the increasing difficulty of connecting young students with Holocaust survivors. He could tell his students were interested, he said, from the rapt silence that filled the school's auditorium for nearly two and a half hours while Lowenberg spoke.

Hitler's rise to power

Lowenberg was born in 1928 and grew up in Schenklegsfeld, near the center of modern-day Germany. The fifth of seven children, his life was interrupted as Hitler's power grew in the early 1930s.

When he was 8, he said he was falsely accused by a teacher for sticking his tongue out at a picture of Hitler -- something he said he would never have dared to do.

"He had me beaten up by other boys much older than I was," Lowenberg said. "He brought a board to school with thumbtacks and nails, and he put it on a chair and he had me sit on top of it."

Following the incident, Lowenberg's parents transferred him in a parochial school in Bad Nauheim, more than 100 miles away. As living in Germany became less and less possible for Jews, he moved time and time again, later with the members of

his family that hadn't left Germany, he said.

"The people went so against us," Lowenberg explained. "Many of them liked Hitler. They thought he was the savior of Germany, because Germany came right out of a depression, which Hitler blamed on the Jews."

Two years later, Lowenberg moved to be with his parents in an apartment in the city of Fulda after they were barred from owning their home. It was there he experienced Kristallnacht -- the "Night of Broken Glass" -- that saw anti-Jewish pogroms throughout the country on the night of Nov. 9, 1938.

"While I was in school the day before, stones and rocks came flying through the windows, and three of my fellow classmates were hurt very badly from the shards of glass and so forth, so the teacher dismissed the school," Lowenberg said. "And we had to run home, and we already saw the synagogue in flames. People during the day were dragging Jewish people through the streets and beating them up. As a matter of fact, this went on all over Germany."

The next day, he said, all the men between ages 16 and 60 were rounded up and sent to concentration camps, his father and teacher among them. Though both were eventually released, it marked the end of his formal schooling in Germany.

Lowenberg lived with his parents, older sister Eva and his younger twin brothers Kurt and Fritz in Fulda until 1941, when they were deported to a Jewish ghetto in Latvia. In 1943, Hitler's government began to break up his family; first, his sister Eva was sent to perform slave labor in July, and he was sent to nearby Kaiserwald in August, he said.

"The ghetto was liquidated in November of 1943," Lowenberg said of his mother, father and two younger brothers. "Everybody that was still there was taken to Auschwitz and never heard of again."

Lowenberg's labor at Kaiserwald was hard -- he said he shoveled snow, cut down trees and hauled logs, loading and unloading ships in the harbor of the nearby Latvian city of Riga, where the ghetto had been. By the end of 1944, though, Russian troops began to push Germany back toward the center of Europe, and he was transferred to Hamburg, from which he was forced to march for four days and nights to the city of Kiel. From there, he was liberated. He weighed 76 pounds, he said.

Lowenberg was reunited with his sister Eva, he said, and moved to New York after the war. He worked hard, and by the 1960s he was the vice president of Continental Textile Corp., which led him to Southfield, Michigan. He retired in the 1980s, and now spends much of his time traveling and speaking about his experiences.

"It was freedom," he said of arriving in the United States. "It was a wonderful country -- it is a wonderful country, and we're all fortunate to be here."

The most valuable lesson

John Glenn High School Principal Tony Bacigalupo said he and fellow school staff members were "blown away" by Lowenberg's presentation on Monday.

"What was really powerful to me was his message of anti-hate, and what it gets down to is understanding differences from one another," he said. "I really feel like, based on the students' questions, they made a connection with him. Many students agreed."

Holocaust survivor speaks to Bangor Township's John Glenn students Logan Reder talks about listening to Holocaust survivor Martin Lowenberg Monday, March 9, at John Glenn High School in Bangor Township.

Junior Logan Reder, who takes both of Clyde's courses, said he's always been interested in World War II and Holocaust history.

"It was kind of eye opening and enlightening to see how bad people can be treated," Reder said. "I thought of one of the quotes from the movie 'Fury': 'It's amazing how one man can do that to another man.'" Holly English, another one of Clyde's U.S. history students, agreed. "It's one thing to hear your teacher talk about it," she said. "It's an entirely different thing to hear it from a survivor."

MICHIGAN'S WOLF HUNTING BAN NOT RENEWED

Michigan Department of Natural Resources's politically inspired decision to appeal



renewed protections for Michigan's wolves should be

opposed by everyone with an interest in the Upper Peninsula's natural resources, from ranchers to anglers to bird watchers. Actual science, rather than the fairy tales concocted by Sen. Tom Casper-son and his hysterical ilk, has conclusively shown that states with wolf hunts lose more livestock because hunting fragments packs, leading to smaller groups of younger less-experienced wolves shifting to easy prey like livestock. Healthy wolf populations, by controlling large browsers, also improve fishing by reducing stream bank erosion caused by excessive browsing, and even increase songbird

numbers by increasing tree diversity.

Reclassifying wolves as "threatened" rather than "endangered," which allows removal of problem wolves, is a far better solution to rare instances of livestock predation than untargeted wolf hunts. Like all government departments, MDNR takes its marching orders from the governor rather than its technical staff (unfortunately) — so what's it going to be, Nerd-In-Chief — wildlife management by science or fantasy?

The Lansing State Journal Reported:

Two months after a federal judge dropped a bombshell ruling that placed Great Lakes gray wolves back on the endangered species list, hunting proponents and natural resource officials are lining up options to overturn the decision.

Three team members of Michigan's congressional delegation have several others in co-sponsored by a resolution calling on federal wildlife officials to interview

.The house resolution 884, co-sponsored by Michigan Republican Reps. Dan Benishek, Tim Walberg and Bill Huizenga, with 12 other members of the House, would direct Secretary of the interior to re-issue an order from 2012 that took the Great Lakes gray wolves off the endanger species list.

That comes on the heels of a similar non-binding resolution law passed in the Michigan state senate last week. At which time officials with the DNR (department of natural resources) are in talks with the Attorney General Bill Schuette about whether to appeal the December ruling by U.S. District Judge Beryl Howell.

"We're in favor of anything that returns management authority of wolves to natural resources professional's in Michigan," said Ed Golder, spokesman for the Michigan DNR (department of natural resources). "We believe that the Michigan biologists are best suited to manage population that is not endangered." In 1973 the gray wolves were put on the endangered species list with only 6 left in the state and in 2012 they were taken off cause the population grew to a alarming 600 roughly today.

On December 19th .. Howell ruled that the ruling to remove the Michigan gray wolves from the endanger species list was "arbitrary and capricious" and order to put them back on the list.

ZUCCHINI

This member of the gourd family is cylindrical in shape and brilliant dark green in color, with a watery flesh and mild flavor. Though zucchini can grow to almost monstrous proportions, the smaller vegetables are the most flavorful.

Health Benefits of Zucchini

- Zucchini helps to cure asthma as it contains Vitamin C, which is a powerful antioxidant, and has anti-inflammatory properties.
- Zucchini helps to prevent diseases, like scurvy, bruising etc, caused by the deficiency of Vitamin C.
- Eating zucchini also helps to support the arrangement of capillaries.
- Regular intake of zucchini effectively lowers high homocysteine levels.
- Zucchini also prevents the risk of having multiple sclerosis (MS).
- Zucchini has high water content (over 95%), so they make perfect food for people on diet.
- Zucchini contains useful amounts of folate, potassium, and vitamin A, necessary for a human body.
- Zucchini contains Vitamin C and lutein, both of which are good for eyes

MSU TO GO COAL-FREE, LSJ REPORTS

“We don’t simply have a set of aspirations, we have a strategy for getting there,” Simon said, at the start of a campus energy panel discussion held Wednesday morning at the Kellogg Hotel & Conference Center. “We already are at 65, 68 percent (reduction in coal use) so we’ve been gradually working it down in the classic MSU way.”

Simon said the decision follows a university-wide energy transition plan adopted in 2012 that sets a goal of using more renewable energy while removing unhealthy emissions from its T.B. Simon Power Plant. The plant was one of the largest coal-burning campus power plants in the country, but now it burns a majority of natural gas along with some biomass for fuel. The plant has been dramatically scaling back its coal use for over five years and most of it will stop this year, Simon said.

A combination of lower natural

gas costs and pricey future emission standards from the Environmental Protection Agency helped find the “sweet spot” to go coal free, according to Jennifer Battle, MSU director of Campus Sustainability. “This was always part of the plan,” she said. “But it made sense at this point to make the change as we continue along our path to sustainability.”

MSU’s power plant was facing a one-time \$4.5 million price tag along with a yearly \$100,000 cost to invest in new tech to meet new EPA emissions rules. Instead, it would be cheaper to retrofit the plant’s fourth boiler to burn natural gas, like the others. “We are excited to see MSU making the transition to a coal-free power source on campus,” said Clean Water Action Michigan Director Nic Clark.

Clark said Clean Water Action has been a critic of coal-burning power plants like T.B. Simon and has

testified to the state legislature against the health risks of burning coal on campus. “This is welcome news,” Clark said. “As an alum I can truly say I’m glad MSU is working towards its Spartan green roots.”

“I applaud the steps that MSU has taken to reduce its reliance on coal and welcome their decision to be coal free by the end of 2016,” said Michigan House Democratic Leader Sam Singh (D-East Lansing). “I also applaud the students and community activists that advocated for these changes and helped to move the dialogue forward.” A campus group called MSU Beyond Coal, organized by the national Sierra Club, protested in 2010 about the plant’s reliability on coal with sit-ins and mass emails to Simon.

At the time, replacing coal with natural gas would have cost the university an extra \$20 million, MSU officials said. But a large drop in natural gas prices since

then has helped. MSU Junior and current Sierra Club member Courtney Bourgoïn said she is excited about the announcement. “This is amazing news,” she said. “We would like to think that all of that work from students years ago helped to make a difference.”

Bourgoïn said she will be forming another version of the group in the fall that will be focused on encouraging the university to push towards getting at least 40 percent of its energy from renewable sources.

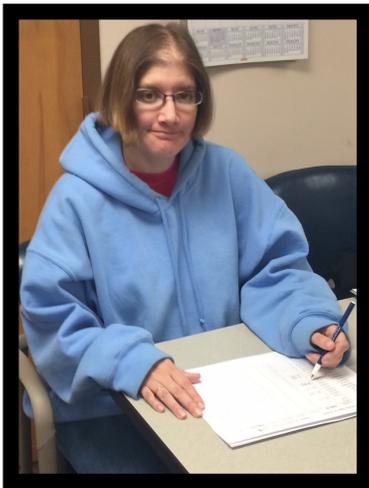
MSU currently gets around 8 percent of its power from renewable sources. Battle said MSU will continue to explore renewable energy possibilities, such as solar and wind power, in a partnership with private companies like Consumers Energy. The long-term goal described in the 2012 plan is for MSU to operate on 100 percent renewable resources, but no date has been specified.

CHARTER HOUSE

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Employment News:

Spotlight on Transitional Employment: Kerry Keyworth

Kerry has been working in the Finance - filing position with our auspice agency since January.

Kerry works Monday, Wednesday, Thursday, and Friday, from 8am til noon, 16 hours per week. On Tuesdays she comes to Charter House, where she volunteers on the upper level unit. In fact, when this photo was taken she was working as the AM greeter. I asked Kerry some questions about her experience working, and this is what she said.

Bill: Good morning Kerry. Could you tell us when did you start your job?

KK: I have been working in the Finance office of Community Mental Health since January of 2015.

Bill: Why did you decide to try Transitional Employment?

KK: I was tired of being home all the time and I needed something to do. I like the extra money, and the people there are nice.

Bill: What part did the clubhouse play in helping you to find work?

KK: Clubhouse helped me by helping to match me with a job that I liked and could succeed with.

Bill: How does participating in Charter House help you in your job?

KK: It makes me a stronger person and shows me that I can do multiple things.

Bill: What are your goals for the future?

KK: My goals are to maintain steady work and eventually buy a mobile home. I would also like to get married.

On behalf of the membership I would like to thank Kerry for the fine work she does in her transitional employment placement, and for her participation in helping to make Charter House a strong clubhouse.

She is a great example of how clubhouse participation can help people with mental illness regain their self-confidence and follow their goals.

CHARTER HOUSE: THROUGH THE EYES OF A NEWCOMER

The tour consists of showing you around the giant figure eight they call a building. You will see the vineyard grill, the snack stand, exercise room, and the administrative area. You will meet the staff and, if you're lucky, some of the members.

Coming in and seeing all these new faces can be scary, but not to worry because they were all new members once and understand how you feel. Everyone mingles with everyone there is no "clicks" and everyone is more than willing to make general conversation. My favorite thing is that this is a family and people behave as such. There is no arguing or

fighting. Everyone just gets along. Lastly, there is no gossip. There is no "he said she said" everyone just looks out for one another.

The normal day here consists of the morning coffee and chit chat till 9 A.M. Then it's time for the morning meeting. We discuss fundraising and general announcements, then we determine who's working kitchen, maintenance, or administrative. At that time we split into teams and each team works together to master the skills of the trade they're working on that day. At noon it is time for lunch, then we have the afternoon meeting, the afternoon meeting usually

has some things people have created on the computer shown and a discussion about it and then it's back to work till 4 P.M.

Having this structured work order day helps me a lot not only for getting me out of the house, but giving me something to do. Having a structured work order day helps me want to pull my head off the pillow every day and get out of bed. The structure Charter House provides for people makes a world of difference for someone whom without the program would be but just a loner wasting away.