

Charter House Journal

Coordinator's Corner

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Spring finally arrived at Charter House and we are happy about it!! It has been a hard winter for all of us. Jake fell on the ice and broke his shoulder. We really missed him while he was out recovering. It was great to see him again last week.

We are getting ready to plant our first garden!! Thanks to Sean and Clark for all the work they have done. They started quite a few plants from seeds and have been tending them, getting them ready for the garden. I want to say a special Thank You to [Growers Supply](#)

for donating seeds to us. It has been great to watch them sprout and grow!! Also a big Thank You to Clark for all of his donations. He has been buying seeds and bulbs and donating them. There are so many beautiful green plants growing in the plant room, it makes us happy just walking in and seeing the new life!

Charter House needs your help. Most clubhouses have their own stores. Members get to purchase items in the store for very low prices. Other persons pay a higher price.

The profits go into the member account. So, we want to open the store, but we need items to sell, and this is where you can help. We need things that you no longer need.

Elsewhere in the newsletter you will find a list of items we are looking for, items that our members need.

We would love to have some of you visit us. We serve lunch at noon and if you would like to stop by for lunch someday just let us know a day in advance.

Lt. Governor Brian Calley Dinner

On May 8, 2014, Julie, Ryan, Arven, Malcolm, Gary, all members of Charter House, attended the dinner to honor Lt. Governor Calley. They were accompanied by staff person, Melinda.

The Lt. Governor was the recipient of an award to acknowledge his work towards removing stigmatizing language from the Michigan Mental Health Code. The group felt that removing the word "retard" in all its forms from

the Mental Health Code is a good step forward for persons with developmental disabilities.

Mrs. Calley spoke about their personal experience in raising a child with autism. Their

daughter is seven years old and can read and attends school.

The group was impressed with the Lt. Governor's positive approach to persons with disabilities. They all agreed that he has a good sense of humor, is personable, friendly and approachable. They also felt that he would be an excellent advocate for persons with mental illness.

The group would like to see the Lt. Governor invest some of his energy and resources in furthering the causes of persons with mental illness.



Charter House Store



Welcome to the new store at Charter House, opening soon! It will be located in the old “Reception Area”, on the second floor. All profits from the store will go into the member account. Members can purchase items at a discount. This helps our members to have items they need for their apartments.

Donations are welcomed and needed. Items needed include: TV’s, furniture, books, CDs, DVDs, pots and pans, dishes, clothes in good condition, clothes rack, computers, monitors, keyboards, laptops, tablets, printers, digital cameras, and anything for an apartment. You can drop off donations at Charter House or we will pick

them up at your place (we have a truck!)

We appreciate anything you can do to make the store a success.

Meditation at Charter House

Here at Charter House we have been having meditation 3 times a week for about the last 6 months (11:30 am on Mon, Wed, and Fri). What exactly is meditation? Meditation is an English word translated from various Pali, Sanskrit and other ancient languages. The Pali word for meditation is Bhavana which literally translates as “cultivation”. So what are we cultivating? Meditation is basically cultivating positive mental states such as happiness, peace and joy. There are many ways to cultivate these positive qualities during meditation. Here at Charter House we have mostly been working with paying attention to the breath, sounds, silence, body sensations, emotions, and be-

ing aware of the space around us. By being silent and paying attention to our breath, body and mind we allow our stress and anxiety to settle to the bottom and we water the seeds of happiness, peace and joy. It’s basically like gardening (which we are doing here at Charter House as well!). You remove the weeds and water the flowers and slowly but surely you have a garden with more beautiful flowers and less weeds. Meditation has been

shown to lower blood pressure, lessen depression and anxiety, help with weight regulation and can help with any stress related illness or problem. Several members have shared that they enjoy the meditation and that it makes them feel better. So, if you haven’t stopped by for our meditation group, please stop on by sometime and cultivate peace and happiness with us!



Minimum Wage

Good News about Minimum Wage

Many of the members of Charter House are employed and unfortunately many of them earn only minimum wage.

The good news is that it will be increasing. Currently our minimum wage is \$7.40 an hour, this is already higher than the federal rate of \$7.25 per hour.

The new minimum wage will jump to \$9.25 by 2018 and is indexed to inflation thereaf-

ter. In September 2014 it will move from 7.40 to 8.15. This is an increase of 75 cents per hour. On Jan 1, 2016 it increases to \$8.50. On Jan. 1, 2017 it goes up to \$8.90 and on Jan. 1, 2018 it will become \$9.25.

Hopefully this increase will help us to keep up with the rising price of groceries.



Walk A Mile 2014

The legislators were there, as well as the members from clubhouses all over the State. The speakers were very informative about the mental health issues. The day went very well; it started at 11:00 and was over at 3:00pm. There was a little rain shower, but the sun peeked through. All in all, it was a very successful day.



Bob Sheehan Responds to Charter House Members

Please let the Charter House members know how impressed I am with their political advocacy, their knowledge of the financing behind our system, and their willingness to use their collective voice to speak out on issues about which they care. The points made by the Charter House members in the PowerPoint presentation and in their personal testimonials (preceded by the letters sent to me) were powerful. Clearly their solidarity with and dedication to each other and their commitment to the Club House movement lie at the heart of their advocacy. The civility by which the Charter House members made their points and their willingness to hear my thoughts on the issue were key to my ability to respond to the members' proposal.

I cannot remember a time in which I have observed advocacy carried out with such skill, knowledge, unity, and respectfulness.

Bravo to the Charter House members for their intelligence, civility, unity, and courage.

Robert Sheehan

Executive Director

The Community Mental Health Authority of Clinton, Eaton, and Ingham Counties

Charter House Garden

It started with an idea. While serving lunch a few years ago, we decided that we wanted to look into eating and planning healthier lunches. However, eating healthier often means more expensive grocery bills. With budget cuts left and right as it is, we decided that we had the manpower; we just needed the property to grow our own food.

In late May we acquired some gardening plots through the [Greater Lansing Food Bank's Garden Project](#). In all, we were allotted approximately 2500 square feet of growing space. We had begun to start seeds indoors, but with little success in keeping them alive and vibrant for long after they sprouted. That and the fact that we probably started them too soon and it took a while for nice weather to greet us again.



In early June we were given the plots and began to prepare the area. It was an area that had not been worked in previous years and there was a lot of cleaning up before we could plant anything. We took simple hand tools the first day, in an attempt to clean up the area...it did not work out well. We ended up borrowing a rototiller from the [Greater Lansing Housing Coalition's Tool Mobile](#). We tilled the plots but they still needed to do some more cleaning up. We used a stone rake to clean up much of the plots and then we were ready to plant. We purchased some tomato plants from [MSU Organic Farm Stand](#). Then we got to work planting the tomato starts and seeds. We planted carrots, peppers, onions, green beans, cucumbers, corn, squash, and pumpkins.



We had cleaned up the garden on hot days after an initial rain. The day it came to planting the seeds and plants we raced the rain clouds, to get things in the ground before it rained. What great timing, we got everything planted just as the rain started to really come on. All the same, we were soaked when all was said and done. On Wednesday June 11, it rained and rained. On Thursday, while checking out our plots were somewhat underwater, however, pretty much everything else began sprouting! Updates to come...



Charter House

Where Everyone Has A Voice

606 W. Shiawassee
Lansing, MI 48893

Phone: 517.371.2077
E-mail: charterhouse@acd.net
Site: charterhousemi.org

Facebook: [facebook.com/recovery.begins](https://www.facebook.com/recovery.begins)



Charter House is having a popcorn fundraiser, but this is not any ordinary popcorn, this is Cravings Popcorn! We have 3 flavors to choose from; Caramel, Chicago Style, and Cravings Signature Gold. The Signature Gold is sweet, salty, and a hint of vanilla. Each bag is \$10 and that gives you approximately 20 cups of popped popcorn. This would cost upwards to \$18-19 dollars if purchased from a Cravings Store.

Volunteer / Donate

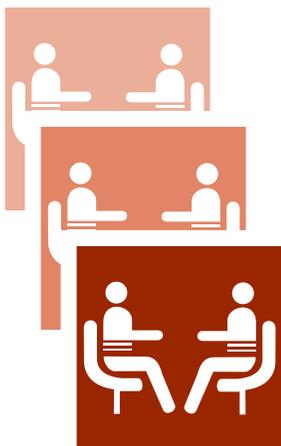
We are looking for persons who would like to become members of our Advisory Board. Contact Stephanie at Charter House.

We are also looking for items to stock our new store, to really fill the shelves. Items include: Plates, cups, dishes, bowls, pots and pans and baking items such as cake pans, muffin tins, etc.

As well as Computers and accessories such as: computers, laptops, tablets, kindles, MP3 players, printers, monitors, photo paper, digital cameras.

And, Good used clothing, Furniture, Bicycles, Wagon, Wheelbarrow, TV's, radios, and CD players.

The CWEP Zone



- CWEP STANDS FOR COMMUNITY WORK EXPERIENCE PROGRAM
- THE CWEP ZONE WILL PROVIDE SUGGESTIONS ON HOW TO BECOME READY FOR WORK IN THE COMMUNITY IF YOU CHOOSE TO DO SO.

TODAYS TOPIC: COMMUNICATION EXAMPLES

- OUR TONE OF VOICE (TALK TO SOMEONE HOW YOU WOULD LIKE TO BE TALKED TO)
- BODY LANGUAGE AND POSTURE (DON'T, OR TOUCH)
- THE WORDS WE SAY
- RESPECTING PERSONAL SPACE

THIS IS OUR FIRST CWEP ZONE. STAY TUNED FOR THE CWEP ZONE IN THE NEXT CHARTER HOUSE JOURNAL.