

Charter House Journal

May 2012

Coordinators Corner

By Stephanie Tighe

Special points of interest:

- NuVal Education
- Dual Eligibility
- Tour Corner

Wow, there are so many wonderful things happening at Charter House now. We have received funding for ICCD training and accreditation cost and are VERY excited about this new venture. We have wonderful fundraising going on, our Advisory Board is finally going to meet and we are starting our self study for ICCD accreditation.

We have had some wonderful interns here since last September but now it is time for them to leave. We will miss having Erika, Jessica and Rachel here at Charter House. I still remember the Halloween party they planned. Wow, that was a lot of fun!!

Now we are looking forward to welcoming new, summer interns, Trisha and Samantha

We are also looking at starting annual planning meetings where we gather together to set goals for the coming year. Most of our units already do

this, but now we are looking at doing it as a clubhouse.

I wanted to officially welcome Lucia to our Team. Lucia began in December as a full time Peer Support Specialist. She did a Peer internship here and spent a lot of time with the Advocacy unit. One of her specialties is working with members to help them write to their legislators. Currently Lucia divides her time between the Kitchen Unit and the Advocacy Unit. We are also looking to hire another Peer Support Specialist for 10 hours a week.

Andrea has recently taken over working with the Vending crews and we are very excited about this. Andrea does a wonderful job of working with the members and I am sure she will be helping them develop new skills and talents!!

Happy Summer!!!

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EDUCATION RESOURCES

As part of Charter House's mission to improve the quality of life for its members, we now offer intensive individual tutoring Monday through Friday mornings, or by appointment. Services range from reviewing and building basic reading, math and money management skills, to GED preparation and assistance in

applying to College. For further information, please contact Stephanie Tighe or Mike Malloch

A Interview with Tricia

By Lucia



Tricia is one of are new Interns here at Charter House. Trisha will be here M-F for about 6 hours a day. She will be here till the end of July. Tricia goes to GVSU school of Recreational Therapy. Right now Tricia lives with her only sister. She has no brothers. Tricia has 2 dogs and one cat, likes to eat cereal for breakfast, likes coffee and tea. Tricia likes Classic Rock music.

Evening Activity

By Ryan

I went to the nature walk and it was fun. We sat on the big rock and looked at the turtles and the fish. We ate then left and went to the MSU Dairy and then went home.

An April Activity

By Carrie

The butterfly garden was cool. We got there late, but that was ok. We went to where the flowers were and they were all in bloom. The butterfly area just closed when we got there. After the garden, we went to the MSU Dairy. I had almond crunch and it was heavenly. I like doing things with Charter House.

New Addictions Group

Charter House is in the process of starting a new group for people addictions. The group offers positive, hopeful support to members battling any substance or habit that is interfering with their living a fulfilling life. Everything said in the group is confidential. Whatever is said in the group stays in the group so members can feel free to talk openly about their problems.

This group is also for members who are not sure if they are ready to quit their habit or just thinking about how a substance or behavior impacts their life. Members are free to explore their feelings in a safe, nonthreatening environment.

and become an integral part of the Charter House routine. We want are members to have the richest fullest life that freedom rom addictions can bring.

The group is just starting and is based loosely on a 12-step program. We hope the group will grow

Fundraising

Charter House did another flower bulb sale to raise funds for the member account. We netted over \$400 dollars in profits. It was a lot of work but well worth it. This could be an annual fundraiser if members want to pursue it.

Customers had beautiful catalogues with an excellent assortment of bulbs from which to order. The bulbs will be shipped in May and members

will fill the orders and deliver them. Thanks to all who helped with this fundraiser.

We have several other fundraisers planned including selling discount cards. The cards will entitle the cardholder to a discount at many businesses. The cards are good nationwide and can be used over and over again. The cards should pay for themselves after just a few purchases.

Members will start to sell as soon as they arrive. We hope this will be a fantastic sale because the cards represent such a good value



NuVal Education

In March an educational session was held on the NuVal system for rating a food's nutritional value. Members learned about how Meijer's and other large grocery chains are working to educate the public about healthier eating choices. Foods are scored with a number from 1 to 100 with 1 being the lowest score a food can have and 100 being the highest score.

Members took a pre-test and a post-test about the nutrition in certain foods. They arranged several food items in order from highest value to lowest. When the answers

announced, some were surprised to learn which foods were lower in value they had believed.

We are looking forward to doing a scavenger hunt at a local grocer store. Members will be divided up into teams and will look for the healthiest choices among the four food groups. It will be fun way to increase our knowledge of good nutrition.

Healthy Eating Month

May has been designated as Healthy Eating Month at Charter House. The Vineyard Grill has taken input and recipes to put together a menu for the month. The menu offers a wide variety of foods and some of these will be new to the members.

We want to broaden our ideas about food choices and look at healthy alternatives to the burgers and fries that have dominated our

menu. The meals we are preparing require more preparation time, and this has been keeping the kitchen unit busy. In addition, because the meals focus on using fresh produce, more trips to the grocery store are necessary. Members will take turns doing shopping and will visit more than one store to find the special ingredients needed.

We hope this adventure into

new tastes and food combinations will provide members with more options for planning their menus. Better nutrition benefits members and staff alike. Our goal is to help members make healthier choices when it comes to food.

Dual Enrollment At Community Mental Health

Lucia, Clark Carrie, Stephanie T and I attended the meeting at CMH in the atrium to find out more information on what was going on for consumers that are enrolled in both Medicaid and Medicare.

The meeting talked about putting us all with primary doctor for both mental and physical health. I asked about if the company that takes over would be for a

nonprofit or a profit. The state said it would be a nonprofit organization.

Jolly Java at CMH put on a great breakfast for us. It was great surprise to have such a nice breakfast thank to Jolly Java.

By Lynn

Tour and Orientation Corner

Greetings from the Charter House tour and orientation corner

Charter House has several members who have volunteered to buddy up with potential new members as they go through orientation. Thank you to Arven P., Julie T., Lynn L., Kathleen A., and Bo W. for making potential members feel welcomed when they first attend Charter House. It helps to build friendships and gives a warm welcome to those who may need that additional assurance when they first arrive for orientation.

Our members take pride in making sure new members feel comfortable at Charter House.

For the months of March and April, Charter House has had 9 new referrals. Seven have come through for a tour and one of the referrals is scheduled for a tour in May. Of the 9 referrals, 7 are currently going through orientation.

Charter House would like to welcome the following people to our clubhouse: Stanley B., Vivian T., Jonah S., Dusko B., Jackie M., and Brian M. We would also like to welcome

Derrick S., who had attended a tour a few months back and has recently decided to attend Charter House.

Maintenance Team Article

This month the M-Team participated in a team building exercise at the MI Historical Museum.

When we got to the museum, we couldn't go into the exhibits because they now charge admission (\$6.00 pp) so, we went to the snack shop and enjoyed ourselves. A few things that we learned about each other:

Albert: comes from a large family and his best memory is from the 60's when they all piled into the family station wagon and drove to San Antonio, TX to visit his relatives.

Larry: 10 years ago he was doing nothing but trying to survive. He feels good at this stage of his life.

Bo: comes from a very large family and fondly remembers his childhood and doing the hokey pokey. One year ago, his family got together to celebrate his stepmother's birthday and had a huge barbeque with everything you can imagine to eat.

John O: has a small tight knit family. He has travelled to Florida and California.

Gary: attended school in Indiana; loves living on his own and has all the creature

comforts that he wants. He finds the fact that St. Ignace and Sault St. Marie are some of the oldest registered cities in the nation very interesting.

We have new and returning faces on the team: Derrick, Billy, Julie T., and Dick C. Welcome to the M-Team!

The next event for the M-Team is the big team celebration for our Skill Builder Team Challenge that we began last November. The entire team has worked hard at motivating themselves and each other to try new things and to better sharpen their existing skills. Well Done!

Meet Jonah

When did you come to Charter House?

The 11th of April

Why did you come to Charter House?

Get out of the house to do something and the people at CMH suggested Charter House.

What unit do you work on?

Clerical

What is your favorite part about Charter House?

Helping to keep Charter House going and meeting friendly people

What kind of music do you like?

All kinds

What do you like to do in your free time?

Go for walks at Fenner. Go to the movies. Play games. Spend time with family.

What skills do you have?

I am skilled on computers. I can build web sites for companies.

What is your favorite animal?

Fish for aquariums and cats.



Meet Ivory

When did you come to Charter House?

January

Why did you come to Charter House?

My Case Manager told me about Charter House

What unit do you work on?

Maintenance

What is your favorite part about Charter House?

Meeting people and working with them

What kind of music do you like?

All kinds

What do you like to do in your free time?

I like to watch TV

What is your favorite animal?

Dogs are my favorite animal

Meet Vivian

When did you come to Charter House?

Beginning of April

Why did you come to Charter House?

Start learning to do things besides sitting at home.

What unit do you work on?

Orienting in Kitchen

What is your favorite part about Charter House?

Working on Clerical

What kind of music do you like?

Everything but Country and Western

What do you like to do in your free time?

Read, crochet, and word puzzles

What skills do you have?

Secretarial and crocheting

What is your favorite animal?

Kittens

Do you have any work experience?

Temporary job positions, many places, secretarial work with the newspaper (Lansing State Journal). I have delivered mail.

Meet Jackie

When did you come to Charter House?

May

Why did you come to Charter House?

Want to make friends. Want a job.

What unit do you work on?

Maintenance

What kind of music do you like?

99.1 Smile FM

What do you like to do in your free time?

Shopping

Meet Derrick

When did you come to Charter House?

April

Why did you come to Charter House?

Case worker wanted me to come here

What unit do you work on?

Maintenance

What kind of music do you like?

Rap

What do you like to do in your free time?

Going for walks

What is your favorite part about Charter House?

The people

What is your favorite animal?

Dog

Charter House

Where Everyone Has A Voice!

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Education Resources

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Family and Friends Picnic

By Steve B

Getting together with folks of your choice,
smiling and laughing, while finding your voice.

Sharing a meal with folks you know,
outside in the summertime is the place to go.

With friends and family, we share the day,
listening to what everyone has to say.

Hamburgs and hotdogs, hot off the grill,
everyone here today, eats their fill.

Fun and games are at the picnic everywhere,
we let each other know how much we care.

Carry this spirit with you each day,
it will light the path along your way.

With friends and family we each are blessed,
when we treat each other like a guest.

What the Letters of Charter House mean to me

By Lynn L

Confidence Building

Healing of the Mind

Attitude Changing

Reasonable

Transforming

Exciting

Reliable

Honesty

Open Minded

Uplifting

Smiling

Enjoyable