

# Charter House Journal

### SPECIAL POINTS OF INTEREST:

- General Fund cuts hurting access to mental health services

## GENERAL FUND DOLLARS { BY NICOLE WRIGHT }

Community Mental Health Authority of Clinton, Eaton, and Ingham counties (CMHA-CEI)



has lost 60% of their General Fund dollars from the State government, which was used to help many people access services. The Healthy Michigan Plan was supposed to fill the gap, but a year later CMHA-CEI found out that it wasn't enough compensation. Therefore they have had to let over 350 consumers go. Now CMHA-CEI only accepts Medicaid, Healthy Michigan Plan, or MI Child to access services.

My husband and my services have been cut from CMHA-CEI and we are hurt and sad that after so many years of good treatment, we have to start over with a new provider. My concern is for the consumers who, like us, can no longer go

take their medication every day. Who will help them and offer them support and guidance?

My hope is that the Greater Lansing Community will call, write, and/or email their state legislators and let them know



to CMHA-CEI and who are in the height of their mental illness and can't remember to

that mental health services should be accessible to everyone.

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## MEMBER ADVOCATES MENTAL HEALTH AWARENESS ON 2 WHEELS

Scott D. is up in Traverse City, visiting Traverse House. The annual Iceman Cometh Challenge, has brought him there. The Iceman Cometh Challenge is a cross country mountain bike race from Kalkaska to Traverse City. There will be over 5,000 racers from all over

the country competing in this race. Scott plans on being an advocate for mental health and wellness, raising awareness about the statistics that people living with mental illness live approximately 25 fewer years than that of the general population. Scott has

been training with his bike for decades. Good luck Scott!

### BONFIRE OUTING AT FENNER PARK { BY JOHN HIGNUTT }

On Friday, October 16th, a handful of staff and members including myself attended Fenner Park here in Lansing to build a bonfire.

Our guy Sean from staff went to get the key to the gate Thursday to let us into our private little haven. The park has a fire pit for our enjoyment.

We slowly built the fire with plenty of sticks and a few logs. The weather was perfect, barely a breeze and it was too cool for any airborne biting insects.

We brought wieners with buns and all of the fixings and potato chips and stuff for s'mores. We all used available sticks to roast the dogs and marshmallows.

Our Arven jammed on the guitar and we sung some tunes. It reminds me of back in the day when I lived up in Muskegon, we'd have bonfires on two-tracks by Lake

Michigan, while someone provided the beer keg. Except this time no alcohol.

was definitely a bonding experience with good company. I really enjoyed myself and I also took plenty of pictures.



We also had deer visiting to investigate us people. It was funny, our Fallon walked toward them but they ran away.

A good time was had by all. It

I certainly will do this again. It was the highlight of the autumn. A few members I wish who were there didn't want to attend this year. They really missed out.

Looking forward to next year!

### CHAIR YOGA { HEATHER DEMORROW }

Yoga balances mind, body, and spirit. It is brilliant because everyone can practice yoga at their own level. Classes are Wednesday and Friday at Charter House and led by Aaron. They are held in the exercise room, and the classes take place in chairs. Hence, Chair Yoga.



### EXERCISE { CAROL MACPHERSON }

Since exercising I walk with more willingness, and am more body conscious. My stomach is smaller. It is easier to bend and pick up things. I have much more awareness of unused muscles. I have more quality sleep. I am coming to the exercises sometimes on my own and other times I lead others with the exercises. I have a more realistic desire to lose weight. I am feeling more confident and less fearful that I'll pull a muscle. I am grateful for Aaron's help with the exercises.

**WELCOME EMILY  
{ INTERVIEW BY FALLON HENRY }**

Welcome, our new intern Emily to Charter House, one of two new ones. Emily grew up in Rockford, MI, close to Grand Rapids. Her education includes working on a Bachelor’s Degree in Social Work at MSU. She learned about Charter House through MSU. Her hobbies are running and reading, and she’s an avid outdoors person. Emily also enjoys exercise and doing yoga. The reason Emily took the intern position at Charter House is that she likes the environment, and believes she will learn a lot from the experience. This is her first time working at a Clubhouse, and Emily’s interested in working with all sorts of people, and helping in every way she can. She has dealt with the mental illness of a couple of relatives, so she understands us. It’s great to have her aboard.

**WELCOME ANDREW  
{ INTERVIEW BY GARY LEWIS }**



Charter House would like you to meet our new member, Andrew. He hails from Muskegon, MI. His hobbies include recording music and poem stories on tape using his own voice. He also likes to play video games. Andrew has a cat named Baby. He also enjoys sports like football, his favorite team is the Dallas Cowboys. He also is interested in watching basketball games. Musical interests include country, old time rock n’ roll, and symphonies. He also likes to watch on TV “The Big Bang Theory” and “Criminal Minds”. His travels include trips to Detroit and Chicago. Schooling includes a few classes in Community College. Andrew likes Charter House because everybody’s nice there. Well, Andrew, you are very nice, yourself. Welcome to the Clubhouse!

**NEW MEMBER  
{ BY CARRIE MOFFET }**

Carie B. is from the Eureka House past St. Johns. She is 29 years old and has worked at Peckam. She has experience in retail, folding clothing. She has had a job in Greenville doing dishes and vacuuming. She is a smart and intelligent person. She is skilled at many things like work. She is here to learn how to work and go to school. She would like to have a job and live on her own. She is good at poetry and is a hard worker. The Charter House is going to show her new skills and possibly help her get a job.

**WELCOME AND  
WELCOME BACKS**

Welcome to Jackie Heister. She is an Advanced Standing Intern with MSU’s School of Social Work. She will be at Charter House on Thursday and Friday until the end of April 2016. We are very happy to have Gail Cooper back at Charter House. We have missed her the last 6 years when she was working elsewhere in the agency. Welcome back to Jeremy. After two back surgeries it appears that something has finally worked!! He is bopping around Charter House and has been seen modeling clothing from the store!

## MY FASCINATION WITH COMPUTERS { BY JOHN HIGNUTT }

I REMEMBER back in 1982, my family bought a Commodore VIC-20 (8 bit) home computer, which at the time was the greatest thing since sliced bread. I became



knowledgeable on how to program this old relic, I created my own games in Microsoft BASIC, and my father Frank, who got me started on computers, (more about him later) would sell my home made software to his friends.

Eventually a few years later we upgraded to a Commodore 64, the VIC-20's big



brother. I learned how to operate it with a blindfold on, even attempting to program in machine code, directly

programming the unit without the use of the BASIC language.

Years have went by without any computer activities. What started it back up is my late Dad would buy old units from state auctions, he'd bid on pallets of computers, monitors and all kinds of peripherals. Dad would build us all computers to have and use. I learned DOS and Windows 3.1 back in the day (early 90's).

Later, when my Dad passed away, I gave my son my old computer that was built for me. I picked up a new HP Pavilion WITH A CD BURNER! Yay. This was 1999, the burner was a state of the art 4X, and added \$175 to the cost of the computer. After the HP was about a year old, it was VERY ugly looking, and so I decided to buy a new InWin computer case for the motherboard. Piece of cake putting the hardware into my case. It all came together without a hitch, plus it was very spiffy looking.

I now also own a Dell OptiPlex GX-280 tower. Includes a Pentium 4 @ 3.2 GHz, and

only 1.99 GB of memory. I received it as a present from my Mom 8 years ago. It's



now obsolete, running Windows XP and a subgrade video card. In order to run Windows 7, I have to upgrade my card and add more memory.

This is where Charter House comes in. In a few weeks, Sean our IT guy and I are going to bring in my computer, vacuuming out all of the dust bunnies and install the new video and memory so I can run Windows 7 (and eventually Win 10).

Lately Sean has been assembling all new computers and a server for all of our files. I love to watch, it's fascinating. I'm really impressed with the new hardware available today, and they're getting more lower in price as the years go by.

I know the hardware part, now at Charter House I get to help members do various software fixes and help out with any malfunctions to get them on their way. Also Sean would like for me to learn Microsoft Excel for our database apps and software.

Well, about that old Commodore 64. A few years ago I won an eBay bid on a bunch of old C-64 parts and accessories. I have it set up on a desk in my living room. My system includes the main unit, a floppy disc drive, a tape drive, 5 game and utility cartridges, and over 30 floppy discs with a bunch of games and utilities as well... I also have tons of programming guides with simple games and utilities to type in with BASIC. I still have it today, I'm keeping it for nostalgic purposes.

That's me about my work with computers, it's very somewhat limited, I'm not exactly a full blown expert, but I do have knowledge of putting them together. I'm still a DOS man! Slowly learning the process...

## MEMBER TESTIMONIAL { RYAN SHANK }

I've been a Charter House member for quite some time. They have offered me a chance to go on different outings and conferences. It's also offered me the opportunity to go on walks and do meditation. I was bored when I was home and now that I come to Charter House, now I'm busy!

## MY OWN RADIO STATION { BY JOHN HIGNUTT }

Hello. I'd like to introduce you to my favorite hobby, Low Power FM radio (LPMF).



It all started at the age of 13... for Christmas my parents bought me a Radio Shack AM Broadcaster kit. I was our in-house DJ, playing my cassette tapes of the Electric Light Orchestra.

Well, ten years passed since my hobby, I just about stopped pursuing it. Ten years later, I got married and moved to Indiana.

I talked to the wife about it, and we decided that I should try out for a real radio station, WBGT 100.1 in Bluffton, Indiana, south of Fort Wayne. I made a tape of my DJ voiceover skills... the general manager liked me and I was hired.

I was the 8-Midnight DJ, playing mostly 1970's music. I had the task of pushing a button to start four loaded reel to reel tape decks (this was before CD's and computer storage of music came along), and added my silly banter. Sometimes I would bring in some 45's of my favorite tunes.

I was also the Sunday morning Gospel record playing DJ... I had my own show which was very popular with the listeners. I had unlimited access to a ton of Gospel records and tapes. Also Sundays, I wrote and read the morning Bluffton news headlines.

Well, eventually, I got divorced... and moved back up to Whitehall, Michigan, north of Muskegon.

About resuming my hobby, and my dream of my own radio station... Meanwhile in Whitehall, my sister's boyfriend gave me plans for a high-powered wireless microphone. I built it, and hooked it up to an old tape deck and portable CD player. I talked over the music by plugging the mike into the tape deck. The entire neighborhood was subjected to Metallica's "Master Of Puppets", and my cousins and their friends would drive by my



place to check out what I was broadcasting. I was king of the airwaves!

I called my "station" White Lake Radio, for the name of the community and the big White Lake that Whitehall sits on. I changed the name to "The Laser"... derived from my "call letters" WLR...

In 1998, I moved to Lansing, Michigan. There, I bought a real transmitter, a Ramsey FM-100, with PLL (Phase Locked Loop) tuning that was as solid as a commercial station's signal. So every one for a block could hear me on any FM radio. My old wireless mike wasn't that stable.

I ended up selling the FM-100 so I could pay the rent. Eventually I moved into a trailer court and bought a BlackBox PLL 100 milliwatt (1/10th of a watt) mono FM transmitter, that pretty much covered the community.

I moved again in 2010 to my current

residence at an apartment complex. I ditched the mono micro-powered Black Box and bought from Amazon a FailSafe FM STEREO transmitting unit, running on 500 milliwatts (1/2 of a watt).



Now, the Laser has finally found its niche. I have the transmitter hooked up to a compressor-limiter to give the music "punch", also a Ramsey three band EQ with clipper (the Stereo Transmitter Companion that I bought as a kit) to fine tune the audio. From there, to the computer... right now I'm running Winamp with a pro-sounding crossfading plug in.

I found for free a plug in called Radio Control Manager. You type in the time you want the ID/commercial to play and RCM fires it off automatically.

Today's programming, which I download MP3's from a YouTube audio "skimmer" without the video itself, includes new pop hits and classic rock. I update the hits playlist every month. I was told I have a great selection of music, over 3000 songs! I've garnered 6 confirmed listeners so far. Yours truly has been downloading MP3's since Napster was free, and kept all of them during the past years. I also download free Podcasts of dance/trance music and for Halloween I ran a spooky music Podcast.

So, that's my story. "White Lake Radio, The Laser" rules the airwaves at my apartment complex. I'm having fun.

## TRIP TO THE INDEPENDENCE CENTER { BY JOHN HIGNUTT }

Hello. My name is John, a member of Charter House Clubhouse residing in Lansing, Michigan.

From June 8th to the 26th I attended the Independence Center in St. Louis, MO as a training and learning course, to make our Charter House a

The IC building has three levels to work in, the lower level, street level, and especially the upper level, where I was able to volunteer my work. The upper level consisted as the Copy Center, Kitchen/Dining hall, and the Snack Bar. I got to do a bit of

My favorite job was the Snack Bar! I did a bit of kitchen work as well like taking and putting up dining chairs and putting silverware on the tables. The Snack Bar was very cool. I got to serve fountain drinks, make coffee, and stock the bar with chips

bers Andrea and Aaron and I got to sample the cuisine around St. Louis's "Loop"... we had Mexican, Italian, and even some Japanese. I like the Mexican food, taco salad is my favorite.

Pete Estrader from the Independence Center took us to various places around town to take in the sights of the fine city. Unfortunately the outdoor temperature was 95 degrees outdoors with 100% humidity, so I didn't go too far.

Overall I had a great training experience. I learned a lot. I want to make Charter House a winner. Andrea, Aaron, and I created an action plan for the clubhouse. I hope what we brought back will surely benefit us in the not so distant future.



much better place on the way to accreditation. I learned a lot there.

Independence Center was a HUGE clubhouse! They have over 150 members attending. That's a far cry from our ADA of 30 here at Charter House.

copy work, where a member would do things like print out the daily lunch menu and lunch slips for the dining area. We also went around collecting the "news of the day" and typed that up and inserted the notes into the lunch menu.

and other snack items. I also learned on how to use the cash register. I'm hoping to bring back a model of a better snack shop to Charter House, based on my experience at the Independence Center.

After hours, my staff mem-

## SHANTY CREEK CONFERENCE

On June 9th Ryan, Clark, Bill and Stephanie drove to Shanty Creek in northern Michigan for the annual Clubhouse Michigan Conference. We came home on June 11th.

We did lots of walking and there were a lot of steps. They had a swimming center but we were too busy to use it.

One of the workshops we attended was on the Work Ordered Day. It was presented by Gathering Place Clubhouse in Plymouth. One of their units does daily outreach calls to members. They make the calls in the morning and then in the afternoon they report to the other members how folks are doing.

Bill Z and Clark W spoke at a seminar on Supported/Independent Employment. We were very proud to see our own clubhouse colleagues presenting.

We ate at a fun restaurant called Trout Town. It was neat place that made their own pop and gave you lots of food. We had some whitefish dip that was yummy.

The scenery was beautiful and some of the rooms looked out over rolling and green hills. It was wonderful to be in such a beautiful place and to share it with clubhouses from all over Michigan.

**S N A C K   S H O P**  
**{ B Y   R Y A N   S H A N K }**

We are moving the Snack Shop into the Dining Room. We have purchased some furniture: cabinets, bar stools, an island, and a countertop. This will make the Snack Shop more accessible and hopefully create a social hub within the clubhouse. We purchased a new cash register that is more automated. One of the goals is to also create more interest, within the membership, with regards to working in the Snack Shop.

**W O R K I N G   A T   B R O D Y**  
**{ B Y   M I K E   E N D R I S S }**

I work at Brody Hall four days a week. I make eight dollars an hour. I work nineteen hours a week. On Thursdays I wash tables, chairs, and refill napkins. On Mondays, Fridays, and Saturdays I work in the dish room, doing cups, silverware, take trays off the line and rollers, and wash pots and pans. I like the people there. I am hoping to work this summer. I have expressed an interest in working Tuesdays, Thursdays, Fridays, and Saturdays in the fall.

**T W O   N E W   C H   S T A F F**  
**{ B Y   S T E P H A N I E   T I G H E }**

Charter House welcomes two new staff this month. Jon Freburg, our new clubhouse generalist, has most recently been working at Bridges Crisis Unit and before that he was working in substance abuse. John H., one of the interviewers said "he is a very personable guy". Mari Rosario is our new job developer/clubhouse generalist. Mari has been doing job development for over 10 years. She has done volunteer work in clubhouses before. She has also worked with our local MRS office and Peckham. We have a lot of job seekers lined up to meet with her. John H. said she is a very nice woman, is down to earth and will be a pleasure to have around.



**J O B   D E V E L O P M E N T   V S   F I N D I N G   A   J O B**  
**{ B Y   S T E P H A N I E   T I G H E }**

Recently on Upper Level unit we were talking about what a job developer does. Most people thought it was someone who helps them fill out job applications and practice for interviews. But a job developer is more than that. Job developers assess your desires, skills and abilities and then convince an employer that you would be an asset to them. Mari will have more information about this in the next newsletter.

**A D V O C A C Y   N E W S**  
**{ S T E P H A N I E   T I G H E }**

Charter House colleagues were busy in October contacting their legislators regarding the cuts to the general fund dollars. We were happy to hear that monies from the general fund were not used for the roads so perhaps there is hope that Community Mental Health centers may get some money returned.

Nicole W. has also been busy advocating this fall. She had a letter to the editor printed in the Lansing State Journal. She and our former executive director, Bob Sheehan, appeared on the evening news talking about the budget cuts and the impact this is having on our community. She also wrote to President Obama and he wrote back to her.

## U P P E R   L E V E L   U N I T

The upper level unit recently purchased components to build 2 new computers. Some of the machines, we are replacing, were running Windows XP and ran into networking issues from time to time. These are not sleek, high powered, gaming machines, but they will handle our workload quite nicely. They came in at right about \$290 for all the components. Here is a breakdown:

Case w/ Power Supply: ~\$54.00

Asus Motherboard:~\$52.00

AMD Processor: ~\$50.00

RAM 8gb: ~\$48.00

WD 500gb HDD: ~\$50.00

LG Optical Drive: ~\$36.00

We are planning on getting Windows Pro 10 64bit for the two machines we built. We do have a copy of Windows 7 Pro we are using now, but it is only 32bit and it is not utilizing all the RAM we have in the machine, so we will be upgrading to the 64bit Windows 10.



It was fun to build these machines from scratch. It took away the mystery of these "Magic Boxes"

FUNDRAISING

Yankee Candle Sales is the current fundraiser that Charter House is in full throttle. Our goal is \$1,000.00 profit. Everyone is working hard to help meet this goal. All profit goes to the member colleague account and are used to benefit the members. Thank you to everyone that is participating in this fundraiser. We appreciate your continued support of Charter House.

Charter House will be selling candles on line until January. To purchase them just visit the website [www.yankeecandlefundraising.com](http://www.yankeecandlefundraising.com). If you scroll down on this page you will find a headline that says "Start Shopping". It will ask for the Group Number. Ours is 990004358. We are not using the optional seller Id's. The candles will be delivered to your home within a few days.



LOWER LEVEL UNIT

A lot of changes are happening in the Clubhouse as we prepare to become accredited. The lower level has been strengthening its work ordered day by adding meaningful responsibilities to the unit. Our work ordered day is full of morning, and afternoon tasks as well as opportunities if someone drops in at anytime of the day. We are also looking forward to the addition of a lower level switchboard operator and a locker attendant. In addition to this we are re-

vamping the kitchen to a restaurant style of serving. This will provide significant changes – additional tasks, and learning opportunities. We are also excitedly awaiting the building of our new snack shop. We will have a bar style snack shop addition to the dining room. This opens up the snack shop as an area for socializing as well as opportunity for learning snack shop related jobs.

As part of our Wellness Initiative we will be updating our

Wellness schedule to implement the changes from our recent discussions of "what would you like to add to the wellness calendar". Up first Karin H began a 30 minute group on Thursday – "Inspirational Reading". Individuals will explore inspirational quotes, what they mean and how they may be used in one's life for joyful living.

Also as part of Wellness we are looking at menus and will be making selections that fit criteria for Healthy Living. Stay

tuned for additional information.

NOVEMBER / DECEMBER BIRTHDAYS

November

- Mike E. 2nd
- Bo W. 3rd
- Karen G. 6th
- Stephen M. 7th
- Lashane W. 13th
- Christina H. 15th
- Marge G. 16th
- Larry Mc. 26th
- Nicole W. 27th
- Melissa T. 27th
- Carol Mac. 28th

December

- Shareeda T. 3rd
- Carrie M. 10th
- Rachel L. 15th
- Mercedes C. 27th
- Jody C. 29th
- Wycliffe S. 30th



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### OCTOBER STATS

- Our Average Daily Attendance dropped a bit this month, to 22.09.
- Unduplicated Members for October dipped to 55.
- Average number of members participating in social activities was 11.
- Snack Shop sales for the month were \$266.25.
- Average Daily Lunch Sales for October were 12.2.
- Charter House Store Sales brought in \$137.65
- Charter House Misc. Sales accrued \$220.30.
- We had 25 members participate in Wellness in October.
- We had 2 tours and both members returned for 100% return percentage in October.

## 2015 Unduplicated Members by Month

