

CHARTER HOUSE JOURNAL

VOLUME 7, ISSUE 4 AUGUST 2015

CLUBHOUSE INTERNATIONAL TRAINING

The Independence Center Colleague training is the most meaningful experience for anyone desiring to gain a better understanding of Clubhouse, and its role in recovery. Three colleagues from Charter House had the opportunity to participate in the 3 week Clubhouse International training hosted by Independent Center Clubhouse in St Louis, Missouri. For three weeks we actively participated in the Clubhouse. We were each assigned a unit to work in. By becoming enmeshed in the unit we were able to understand the interworking of each of the units and their value to each of the colleagues and the clubhouse community. In addi-

tion to unit participation we had daily readings and round table group discussions on various topics including: the work ordered day, member/staff relationships, organizing work space, clubhouse leadership, decision making, and the role of employment, education and wellness. Effectively implementing these principles is central to a well run accredited Clubhouse; providing meaningful opportunities for the Clubhouse at large. Site visits to their Clubhouse run housing facilities and employers for their transitional employment and supported employment positions provided perspective on their role in Clubhouse

Charter House has begun the process to get accredited by attending the training and completing the application required by Clubhouse International for a site visit. On a daily basis we are now working to implement our action steps- we are better organizing our work ordered day, organizing our space, working on our leadership – and overall making many changes that are too numerous to mention all of them. We are working side by side to make Charter House a better place to come each day.

I am grateful for all of those who set the plan in motion for us to attend the training. Thank you to Stephanie Tighe, Al Platt and Marty

Alward. Having been at Charter House for over 20 years, I can assuredly say the experience has been the single best training and learning opportunity I have experienced.

WELCOMES 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!

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DEPRESSION: THE RECOVERY ELEMENTS

Recovering from depression requires action, but taking action when you're depressed is hard. In fact, just thinking about the things you should do to feel better, like going for a walk or spending time with friends, can be exhausting.

It's the Catch-22 of depression recovery: The things that help the most are the things that are the most difficult to do. There's a difference, however, between something that's difficult and something that's impossible.

Cultivate supportive relationships

The thought of reaching out to even close family members and friends can seem overwhelming. You may feel ashamed, too exhausted to talk, or guilty for neglecting the relationship. Remind yourself that this is the depression talking. Reaching out is not a sign of weakness and it won't mean you're a burden to others. Your loved ones care about you and want to help. And remember, it's never too late to build new friendships and improve your support network.

Get moving

When you're depressed, just getting out of bed can seem like a daunting task, let alone exercising. But exercise is a powerful tool for dealing with depression. In fact, major studies show that regular exercise can be as effective as antidepressant medication at increasing energy levels and decreasing feelings of fatigue.

Evidence suggests that physical activity triggers new cell growth in the brain, increases mood-enhancing neurotransmitters and endorphins, reduces stress, and relieves muscle tension—all things that can have a positive effect on depression.

HOMEMADE BUG REPELLENT

As with practically every household item, natural bug spray can be made inexpensively and naturally at home.

This recipe literally takes just seconds to mix up and can be varied based on what you have available. I've included several variations so you can try whichever one you have the ingredients for.

How to Make Homemade Bug Spray

1. Fill spray bottle (I used 8 ounce) 1/2 full with distilled or boiled water
2. Add witch hazel to fill almost to the top
3. Add 1/2 tsp vegetable glycerin if using
4. Add 30-50 drops of essential oils to desired scent. The more oils you use, the stronger the spray will be. My personal favorite mix is: Rosemary, Clove, Cajuput, Lavender, Cinnamon and Eucalyptus... it works great and smells good too!

THE LEGEND OF SLEEPING BEAR

Long ago, along the Wisconsin shoreline, a mother bear and her two cubs were driven into Lake Michigan by a raging forest fire. The bears swam for many hours, but eventually the cubs tired and lagged behind. Mother bear reached the shore and climbed to the top of a high bluff to watch and

wait for her cubs. Too tired to continue, the cubs drowned within sight of the shore. The Great Spirit Manitou created two islands to mark the spot where the cubs disappeared and then created a solitary dune to represent the faithful mother bear.



MACKINAC ISLAND HISTORY

Mackinac Island was home to a Native American settlement in the 17th century, before European's began exploration of the area. The island became a valuable position for the commerce of the Great Lakes fur trade, leading to the establishment of Fort Mackinac by the British during the American Revolutionary War.

The entire Straits area was officially acquired by the United States through the Treaty of Paris in 1783, but the British forces did not leave the Great Lakes area until after Jay's Treaty in 1794. During the War of 1812, the British captured the fort and attempted to protect it by building Fort George on the high ground behind Fort Mackinac. In 1814, the Americans and British fought a second battle on the north side of the island, but the Americans failed to recapture the island.

The Treaty of Ghent forced the British to return the island and surrounding mainland to the U.S. in 1815. After the United States reoccupied Fort Mackinac, Fort George was renamed to Fort Holmes, after Major Holmes.

The American Fur Company was founded by John Jacob Astor on Mackinac Island after the War of 1812, exporting beaver pelts for thirty years. By the middle of the 19th century, commercial fishing for whitefish and lake trout began to replace the fur trade as the island's primary industry.

Mackinac Island became a popular tourist destination after the Civil War. In 1875, much of the federal land on the island was designated as the second national park, "Mackinac National Park." This only three years after Yellowstone was designated as the first national park.

HOMEMADE SUNSCREEN

Many of the ingredients in this recipe have a natural SPF but since this is a natural recipe and has not been tested by a regulatory organization, I can't make any claims or even guesses as to the combined SPF. The individual ingredients that are naturally SPF are:

Almond Oil- SPF around 5

Coconut Oil- SPF 4-6

Zinc Oxide SPF 2-20 depending on how much used

Red Raspberry Seed Oil SPF 25-50

Carrot Seed Oil – SPF 35-40

Shea Butter – SPF 4-6

Homemade Sunscreen Ingredients:

½ cup almond or olive oil (can infuse with herbs first if desired)

¼ cup coconut oil (natural SPF 4)

¼ cup beeswax

2 Tablespoons Zinc Oxide (This is a non-nano version that won't be absorbed into the skin. Be careful not to inhale the powder).

Optional: up to 1 teaspoon Red Raspberry Seed Oil

Optional: up to 1 teaspoon Carrot Seed Oil

Optional: up to 1 teaspoon Vitamin E oil

Optional: 2 tablespoons Shea Butter (natural SPF 4-5)

Optional: Essential Oils, Vanilla Extract or other natural extracts to suit your preference

UPPER TAHQUAMENON FALLS HISTORY

The Tahquamenon river was made famous in the Longfellow poem Hiawatha. According to Indian lore, the origin of the name Tahquamenon is attributed to the water's amber color, which is the result of leaching of tannic acid from the cedar and hemlock swamps that feed the river. The Tahquamenon is special in many ways. One little

known fact is that it is the second largest waterfall east of the Mississippi, with Niagara being the largest. Up to this point in time, mid20th century, the falls were inaccessible except by boat. When the time was right, he orchestrated the construction of a road to the site and then negotiated with the Department of Natural Resources

for the gift of his land to be used specifically for a State Park. A restriction in the deed directed that the road and parking lot would terminate 3/4 of a mile from the falls and that visitors would proceed on foot, thus preserving the parks natural beauty and virgin forest.



CHARTER HOUSE

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WHERE EVERYONE HAS A VOICE

TE'S

- **Woody's**
Dining Room Attendant
12 hours/wk, variable days
\$8.15/hr.
see Stephanie Tighe
- **Panera**
Food Generalist
10-20 hours/wk, variable days
\$8.15 /hr.
see Sean Hetrick
- **Brody Hall**
Utility Worker
15-20 hr/wk, variable days
\$8.15 /hr
see Aaron Thompson

EMPLOYMENT

Lots of activity around clubhouse employment this summer, and some new people in Transitional employment placements! Karen G continues to do well as the dinner cook on week-days. Weekend dinners have seen a couple of member colleagues trying this out. Currently Larry B. is doing this, and states that he is happy to be working!

Finance department at CMH has seen a change of placement during this time also, with one of our new member-colleagues, Karin H. just starting her placement. She loves working with the women in finance, and states that they are really nice and friendly. Stephanie is going to be checking in periodically to provide support for Karin, who states that she is catching on quickly and is having no problem with the work load.

Shawn S. has been holding the placement in ACT-janitorial for quite some time, and is very well liked by the staff there. He rarely misses a day, and is very conscientious of the work he does. Sean H. is the placement manager for this position, and is glad to have such a good worker who is capable and friendly.

LaShane started training for the filing position at T-North, and is excited about being able to feel productive and earn some money! Andrea is the placement manager for this position, and states that Lashane is catching on quickly and doing a good job.

Recycling tasks have been combined with Louisa-janitorial crew duties, and hours have been expanded to 14 per week, which has made the crew members very happy! Jose transferred to the team in June, and member-colleague Larry Mc. Is filling in until a new person (Keith B.) is deemed ready to start. Keith has been taking a lot of initiative and participating quite actively this past month, which has accelerated his consideration for this placement. Great job Keith!

Shaw Hall/MSU-table crew is open, due to the person whom the placement team had identified for it has been hired in a competitive job. Great going Heather D! Please see Andrea if you are interested in applying for this job. The students are back next week and we need to get someone placed!!

NEW MEMBERS

Charter House receives approximately 6 to 8 referrals a month to tour our clubhouse. Though not all people who attend a tour come back right away, we have slowly been growing in daily attendance over the past few months. Some of our new members are:

- Fallon
- Tara
- Mackensie
- Tobi
- Karin
- Heather
- Justin
- Gabe
- Larry
- Robert

TARA

My name is Tara G., a new member at Charter House, in Lansing, MI. I realized my mental stability at the age of 40. At that time I proceeded to get help. It was hard at first, getting the right medication that stabilizes you...and trust me, I went through some times! It took months for that to happen, as well as getting a therapist.

As of now, I'm doing a whole lot better at life. I have been employed in my same profession on a part-time basis. I was referred to Charter House by Michigan Rehabilitation Services (MRS). I found how to build healthy relationships as well as things about myself. I was one of those people who didn't go anywhere, but to the store and to pay bills. Of course, I gained weight, etc.

Coming to Charter House has given back meaning in my life!!!!!!! I am very blessed to be stressed!!!!!!! A place where we feel accepted. Feels like a family. You're needed and wanted. Where we can be ourselves. Learning how to go to work again!!!