

Charter House Journal

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Charter House 40th Anniversary

On April 11th, Charter House celebrated its 40th Anniversary! It was such a fun event and wonderful to meet new friends and see old ones.

The stars of the night were Whitney, our host, and the members who shared their recovery stories. Adam M, James R, Nicole W, Ryan S and Clark W. all shared their recovery stories of how Charter House helped them and they were very inspirational.

Due to technical difficulties we were unable to see some of the recovery stories (Diane, Rita and Andrew). However, I watched them later and they were wonderful!

Zach did a wonderful job of meeting and talking with new folks including one of CEI's Board Members, Jim.

We were sorry that Maggie R. was not able to make it to the party. She moved to Parma, Ohio a few years ago and was hoping to be here but at the last minute transportation issues came up.

There are many folks that I would like to Thank for the event, each of them had a special role that contributed to the overall success of the event:

- Kay Randolph-Beck
- CEI Board Members including Raul, Jim and Kay.
- Shove It Pizza
- Peckham (Thank you for the beautiful plants/flowers!)
- Charter House Members and Staff

Here is what some of our members had to say when asked what their favorite part of the party was:

- Charlie – The recovery stories. It was nice to hear them.
- Cassie – There were lots of nice people who wanted to help us.
- Adam – I liked all the supporters, everyone got along. I liked the music and the videos they showed.
- Ryan S – It was the nicest day! I liked seeing old members.
- Zach – I liked talking to all the people and learning their stories.
- Paul – The MC did a terrific job. It was great to see all the old faces!
- Lynn – The Pizza was great! (Thank you Shove It Pizza!) The location was nice and we had a good turn out.
- Whitney – I liked the location and it was nice to give gifts to people. I like how it all
- Nicole – It was all good. It was nice to see the new members, especially the new members who had the courage and skills to tell their stories. It moved me. Whitney also did a wonderful job as a hostess, she knew how to use humor and her ethnicity and personality.
- Clark – There were a lot of people there. The food was good. It was good to see old members and staff.

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Civic Service Training at the Capitol Building

Two interns, two staff, and 3 members went for Civic Service training at the capitol building. They gave us breakfast of fruit, coffee, juice, and sweet muffins. There was a speaker who did a presentation about how to write, email and contact your local representatives. The speaker went to a website and showed us how to look up bills being passed and check the progress of voting, and to see who proposed the bills. The luncheon was very informative. A couple representatives came and spoke a few minutes about important subjects going on in their areas, and answered questions. We left early before the tour to get back for lunch, as we had tours of the Capitol building before.

James R Recovery Story

Before Clubhouse:

I was a couch potato, I watched T.V. all day, I listened to the radio and CDs when I wasn't watching T.V. I was alone in my house most of the time, accomplishing nothing. Most of my friends abandoned me, but I stayed in contact with most of my relatives. I talked to my mom on the phone every day and saw her about once every two months. I talked to dad about once a week and saw him about once a month.

Since joining clubhouse:

I get three good meals a week every day I attend. I met some nice people, both staff/interns and members. It gives me purpose to get up in the morning. It gives me an opportunity to go on activities that brings the excitement and purpose I have written two stories (my recovery story and my star wars story) and I am writing another story about Batman. The Batman Story is relatable because the bad guy has polar Schizophrenia.

Without Clubhouse:

About ten years ago I was at charter house, and it lasted for about a year. I left because I was arguing with members. I tried many different jobs like little Caesar's by holding a sign. Peckham (custodial), and the YMCA as a custodial. Without charter house, I would resort back to my old ways and be a couch potato.

Cyrus M Recovery Story

I think this story is similar to me when I was a young man. We were very poor. We had to eat left overs too, like five day out of the week. My mother stayed at the house while my daddy works two jobs at the light company. He made ok money but it was not enough to support seven kids. I was living in a small house; we all were jam up in two rooms. I can remember my father coming home from work tired from working to jobs try to put food the table. My family was a Indian tribe my mother was Cherokee Indian my dad was black feet Indian. My experiences coming to school with rankle cloths it was a bad reason to go school like that so I decide to not go school all of the time, I will ship four hour and seven hour cause of the people making fun of me..

Amanda's graduating leaving

1. What are you going to do in the future? I am going to enter the Master's program at M.S.U. After graduating I plan to work with Veteran's (military) and their families.
2. What did you like about being here? I like being surrounded by the members. There all great people. I liked the monthly project of working on the bulletin board, because it allowed me to work alongside the members.
3. Have you learned anything from being here? I have! I have learned how to do assessments, how to file paper work, how to deal with conflict, how to provide proper support to members.
4. What was your favorite memory? The big summer trip. I really liked the aquarium. I liked to lead my relaxation group.
5. Who or what are you going to miss about Charter House? I am going to miss the people. There was never a dull day at Charter House.

My Recovery Story

I worked two years as a Second Grade Teacher in Houghton, MI. My teaching contract was not renewed after my second year of teaching so I returned to Iron River, MI to live with my parents. I did work around the house, church work, & babysitting. I felt depressed, however.

The depression increased after my dad passed on in 1983. I moved to the Lansing area in 1984 with my mom. I did babysitting in 1984—1988 of my sister's daughter & my sister's son in 1988—1992.

I attended a care facility out in Princeton, NJ for approximately nine months because of mental problems, and I returned to Lansing, MI in July of 1993. Mom & I moved to Compton Court in Nov of 1993. I entered foster care in Farmington, MI in February of 1994 after my mom needed full-time care & the nurse needed my room. In 1995 I moved to foster care in Lansing, MI. During a physical exam, the Doctor found I had bi-polar disease & manic depression. I received treatment from a psychiatrist & a family doctor. I attended

Charter House. I received a library page job in June of 1999. My mother passed on in 2000. I quit the library job in 2006. I have continued on with the Charter House.

I play the piano for the Christian Science Sunday School. I attend church on Sundays & Wednesdays.

One fellow resident has been very supportive of me. I have church friends that let me & two other residents visit. I also see my sister, her husband, & their cat on either Saturday or

Sunday. I have done tutoring in math & reading for around 3 years at Charter House

I attend the Partnership Council Meeting every other month at CMH with two fellow residents. The partnership Council meeting pertains to mental health. I receive \$25.00 per meeting. I am grateful to be as well as I am.

Carol Lynn MacPherson

Interviewing Andrew (Who Met with Politicians)

Daniel A. – Tell me Andrew about your experiences with politicians on Wednesday.

Andrew M. – My experience was they were very polite and direct to the point. They listened to everything we had to say. Both of them did not have an idea what a Clubhouse was. They said they would look into the matter.

Daniel A. – What did the Clubhouse Team teach the politicians about Clubhouses?

Andrew M. – We gave them brochures and hand-outs. Clubhouses are essential for people to stay out of the hospital and we really need them. We talked about two Clubhouses that had the potential

to close.

They are trying to find an independent source that will fund them. Gary L., Amanda, Paige, Kim came along.

Jamie C.

Ever since I started coming to C.H. (Charter House) I got to meet new people, and I got a job working on the crew for C.H. I get along with everyone at C.H. I work five days a week on the crew at C.H. I enjoy working and I enjoy being at C.H. All of the staff (at C.H.) are nice. My bosses for the crew are cool. Andrew M., Charlie W., David P. David T-B are some of my best friends.

New Member Working in Snack Shop >> Maurice S.

I started working in the snack shop yesterday on Wednesday February 21. I started working in the Morning 9-11:30 lunches was at twelve. Member Maurice was my trainer. I learned the prices of the item being sold, how to open up the shop and close the shop. I also learned where supplies were kept. When I was training it wasn't an ordinary day because we had a few club houses visiting. We had a lot more sales than usual, and we were busy. Also we made \$70 Dollars in sales. I liked being trained and would be able to be a member to work in the store. My other member was very helpful and nice. I look forward to working in the store.

Gary & Paige Meeting with State Representative Sam

Daniel– What did you like about the meeting with Sam Singh.

Gary – He listened to me. He actually was very positive about what is going on with mental health. He was concerned about the closing of the clubhouses. He wants to look into it.

Daniel – What did you learn while being there Gary?

Gary – He was very distinguished looking. He was a very bright man. He seemed to have a good answer for every question we asked.

Daniel – What did you talk to him about?

Paige: We talked about what other options there are for funding. We explained that currently only Medicare and Healthy Michigan are accepted. We gave him a pamphlet.

Job Club by Daniel K. Arnold

At Job Club, the individual Charter House Member receives special attention about what is important to them on their career path and life.

Aaron leads the way as an outstanding facilitator, but everyone has the opportunity to give their input.

I talked today about everything from my medical decision-making to rebuilding the

pieces in my life. I was encouraged in a substantial way.

Now, I am reminded that great opportunities are ahead for me.

The beauty of Charter House is that we share on an individual level and people care about every step of our journeys. No one is too far gone to be able to build career hopes and no one is out of the scope of

needing help. There is something for everyone.

Interviewing Melissa T Charter House Member

1 Good Morning Melissa. How are you today?

Melissa T. - Very Good.

Daniel A. – Great! What brings you here to Charter House today?

Melissa T. – To participate in the activities that they have here.

Daniel A. – What is your favorite activity at Charter House and why?

Melissa T. – Doing the attendance and cleaning the bath-

room. Because I can participate in telling how many people come here use cleaning activities to be able to function in a cleansing manner.

Daniel A. – That sounds awesome. We all have different talents. I like to make newsletter articles Melissa.

Melissa T. – Very good. Sounds fascinating.

Daniel A. – It is a wonderful experience here at Charter House and I am glad we can share it. Is there any-

thing else you would like to add?

Melissa T. – You can order lunch here if you want.

Daniel A. Thank you Melissa. Have a great day!

March Madness

Hey, what can I say it has been a very impactful Two months of Basketball with twist and turns, falls and bracket busting. Some teams went a long way and others didn't carry the burden of being named champs. We did see all sorts of hearts broken feelings broke and tears shed. When leading with a passion or knowing you can believing anything you want with a dream to get where you need to be is a champion itself. There are no bad words To say for this Year's NCAA Basketball I seen every single player work for what they wanted and changed faces from the people that watched from the stands The Game will only grow Larger as time makes it's way. The Victors we're Crowned last Night and Villanova sent the Wolverines Home The Wild Cats should be proud of their long journey but until next time we will or won't have a new champion.

Walk A Mile 5-2-18

Walk A Mile was an event to raise awareness about mental health. We were there to let legislatures and the public know that mental health matters and that people with mental illness matter. Charter House always walks from their building to Walk A Mile and it is too far for me to walk so I have never went. A case Manager from CMH Carol St. Pierre called me to give me my shirt for walk a mile and I told her I never been so she offered to take me. We had a great sunny day. There were a lot of people from all over Michigan. When I got there they were playing music and people were dancing. There were A lot of speakers. There was a speaker who was a strong advocate for people with mental illness her message was very positive and motivating to me. At the end every one represented their CMH with a flag and all went up to the steps to get their picture taken and to make a statement. After each statement we all said together "walk a mile in my shoes". I enjoyed the day. I would definitely go again next year.

Charter House Science Night

Science Night was fun and exciting. We did a lot of different kinds of experiments. We had never seen any science experiments before. The first experiment was the Mentos Coke Explosion. Mentos mints were added to 2-Liters of Diet Coke. A reaction occurred in the bottle and the pop shot up into the air to the top windows of the building. The second experiment was called Fire Snake where we lit baking soda and powdered sugar on fire. The reaction turned into black ash snaked like from fireworks on the 4th of July. The third experiment

was making a Lava Lamp in a cup. First we added water and vegetable oil to the cup and watched to see how it separated. Then we added food coloring to change the colors. Finally, we added salt on top of the oil to cause the lava lamp reaction. Blobs of colored oil floated up and down in the For the final experiment, called Hot Ice, we were not able to complete it because we did not have enough prep time to get it ready. But some of us were uncomfortable with the fire aspect of some of the

Interviewing Paige

Experience at Charter House was great. She was here for eight months. She learned to not judge a book by it cover. We are all human and we all connect. She wants to be more proactive. Art night was her favorite activity. She would like to learn how the club house works. She learned a lot about people here and talked to them. When we went on the big summer trip, she liked the aquarium and that everyone was nice to her. It taught her how to connect with anyone.

experiments so for those people it was okay we were not able to do the Hot Ice. To end the evening, we watched YouTube videos of other science experiments. Overall, Science Night was a great success.





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Out To Eat Group Reviews

Cuban Cabana

The out to eat group met the Wednesday before to decide on a restaurant. The group chose a new Cuban restaurant in Downtown Lansing called Cuban Cabana. The members that went were James, Diane, Gary and Rita. Gary ordered 1 taco and a Cuban sandwich. From 1-5 being the best, Gary rated the restaurant a 3star. Gary has since been back one time for the taco and rice. Rita ordered beef, beans, salad and banana plantain fries. Rita took home a chicken salad for her sister. Rita rated the restaurant a 4 star. Kimberly ordered a cassava fries, banana plantains filled with beef, and a taco. She rated the restaurant a 3 star. Afterwards we walked down the street to the peanut shop and got dessert. We had a nice time eating out and enjoying each other's company.

Tacos E Mos Review

On May 3rd, as part of our monthly "Local Out To Eat Group", staff member George, myself and a few other members picked a local diner, Tacos E Mos, featuring fine Mexican cuisine.

What can I say... the food was terrific. And cheap! I had a taco salad in a shell bowl for only \$6.99. It had spicy beef, salsa, onions, sour cream and lettuce in a fried tortilla shell bowl. The bowl itself was just a tad small, but I enjoyed it.

Here's what other members are saying:

"Salsa was great, it wasn't too spicy, which other places have spicy even when they say mild. Food size was great size. Everything was very good. The waitress was very attentive, she filled pops and filled unlimited salsa and chips..." - Lynn Lofton

"I like everything at Tacos E Mos."
- Mike E

"The tacos were very good, and so was the beans and rice. There was so much to eat I took some home with me!" - Gary Lewis

Staff member George says:
"chimichanga with ground beef was very tasty and BIG. The rice was well-seasoned. The guacamole was bland, though. The chips and salsa were good. The mild salsa was heavy on cilantro, and the spicy salsa had a lot of fresh diced jalapeno."

Anyhow, the place had a nice quiet atmosphere. The waitresses were right on us with excellent service.

Overall, we all had a great time with great food. I'd definitely go back to Taco E Mos again.

Next month: Please stay tuned for our next monthly local diner.