

# Charter House Journal

## Interview With Richard B.

**What unit do you work on?**  
Clerical

**What days are you coming to Charter House?**  
Tuesdays and Thursdays

**When did you come to Charter House?**  
2 months ago

**What is your favorite part about Charter House?**  
Lunch

**What do you like to do on your free time?**  
Fishing

**What have you been doing with your life lately?**  
Nothing

**What are your hobbies?**  
Don't have one

**What kind of music do you like?**  
Country and Rap

**What are your goals?**  
Don't have one

**Where do you want to go life?**  
Don't know

**What is your favorite food?**  
Chicken

**Are you interested in Working?**  
Yes

**What kind of work have you done in the past?**  
Factory, general labor and janitor

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## Returning to Charter House

I've gone to Charter House for many years and now I am back. I really like Charter House a lot! It sure beats sitting at home all day and doing nothing. There is a lot to do here and a lot of people to meet. The work ordered day is great. All the people are nice. The

after hours activities are fun. It's a tiring week, but it's fun. In other words, it's well worth coming every day. I would recommend Charter House to other people.

By Kathryn Weller



# Out To Eat Group Restaurant Reviews

## Naing Myanmar

Yesterday the Charter House – Out to Eat Group visited Naing Myanmar, a Thai, Malaysian & Burmese restaurant on Cedar Street, just north of Holmes Road. I had the Thai Ladna, a stew of vegetables and your choice of Chicken, Pork, Beef, Squid, or Shrimp. The dish is not spicy though it is well seasoned; however, there is a side dish of liquid spice that will make the Thai dish more traditionally hot. Beware readers, though veined, all shrimp retain their tails. I also had the Spring Rolls, and a Orange, Strawberry and Banana Smoothie which were both very good. Gary L said, the Beef Curry was very good, though a little spicy, reasonably priced, hot and fresh.

Rita said, good, not too spicy. She would come back.

Albert said, delicious, very good, liked the chicken fried rice. He would like to come back.

Charlie said, very good, 5-star, would come back.

Marvin had the Shrimp Fried Rice and Spring Rolls. He says he would come back.

Mike E had the fried rice and also said he would come back.

Josh had the Beef Curry and a Banana, Watermelon Smoothie. He said, “good service, will bring his girlfriend, veggies are fresh and well cooked.”

Lynn had garlic chicken. It was very good. Lon shared his spring rolls with a few of us and they were good. The smoothie I tried was great too. The portions were big.

Jill said, “it was so good I smashed it – ate it all”

Kimberly said, “I think the food was very fresh and prepared perfectly; veggies were firm/crunchy, not over cooked.”

Overall, this is a very exceptional restaurant that will bring us back again. I wouldn’t have guessed that such a gem was hiding in Lansing.

Lon H.



## Cosmos Pizza Review

On Thursday, July 12, as part of our monthly “local out to eat group”, we decided to pick a little pizza place called Cosmos Pizza. They had a bunch of types of pizzas to pick. Instead I had two orders of Duck Fat Fries and pita chips with a buffalo broccoli cheese dipping sauce. It was really good.

I was a little upset... after I ordered over \$20 for food and drinks, it turned out Cosmos had a half off pizza Thursday (their pizzas are normally \$15-\$16).

I gave away one of my fries. They brought me two HUGE orders; including the rather large pita chips and sauce. The waiter asked “is that all yours”?

- \* Karin H. really liked the decorations and lights.
- \* Gary L. said the pizza was spicy but good.
- \* Charlie W. really liked the spicy pizza. He’d like to go back.
- \* Mike E. ate almost a whole pizza.
- \* Marvin had an upset stomach but liked the pizza.
- \* Kimberly is going back for Rosemary Chicken pizza on Thursdays for half off. It was very tasty.

Frankly, it wasn’t one of my favorite places to dine at. I hope next month’s eat group picks a better venue.

John Hignutt



## Potluck and Karaoke Aug. 2, 2018

I was the first to sing. I sang a Sinead O'connor song the name of the song I sang was , "Nothing Compares To You". Aaron rocked it MegaDeth's "Symphony Of Destruction", Tom Petty's "Running Down a Dream", and Bee Gees "Staying Alive". Adam did a ballet "Rock Song". Aaron was my favorite performer of the night.

We had sloppy Joe's for dinner. We also had Mac. & cheese. There was Kroger's Macaroni and potato salad. I brought cheese cake for desert. The cheese cake was really rich and had a lot of frosting.

James R.



### Employment Corner

- \$ We welcome Melvin P. to our work crew.
- \$ Looking forward to a new TE at Disability Network, coming this Fall!
- \$ Workers' Dinner every Second Wednesday
- \$ Job Club meets every Thursday @ 10:30
- \$ Employment Community Meeting (ECM) meets First and Third Tuesdays of the month

## Charter House Annual Family & Friends Picnic

I had fun at the Charter House picnic. I went for a walk with Andrew and his brother and Karin, we walked for a long way. I helped out with the picnic and talked to a lot of people.

By Ryan Shank



## Michigan Clubhouse Conference

Gary, Dan and Stephanie attended the Michigan Clubhouse Conference in Traverse City Michigan in July. It was held at the Grand Traverse Resort Club.

It began with an opening session and then the group moved outside for some healthy nibbles and networking.

Gary attended a workshop on Telling Your Story. It is important to know how to tell your story so others can understand what you have been through and it helps to talk with others about it. They provided attendees with two blank forms that had prompts to help you know what to write. We brought back copies of these forms for Charter House members to use.

Stephanie attended a workshop on Advisory Boards and how to build a strong and helpful Board. We talked about the types of persons that are helpful to have on the Board. We also discussed the kinds of tasks that need to be done such as establishing a mission and vision for the clubhouse.

Another workshop that we all attended was discussing what we wanted to bring back to our clubhouse. We identified the need for more data collection. There was also a workshop on integrating wellness into the clubhouse. Ideas we talked about were having a weekly Wellness committee, making and selling healthy snacks, and having healthi-

er lunches. In some clubs they have a side salad with every meal. They talked about needing to "change the environment" not blaming the individual.

Attending the conference was helpful. The information we learned will help our clubhouse to be better and the wellness information can help each one of us to be healthier and happier.

Gary Lewis & Stephanie Tighe

# Charter House

Where Everyone  
Has A Voice!

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## We Need Your Help

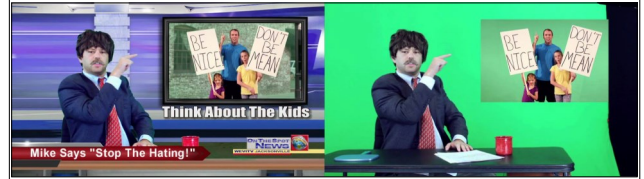
 to our YouTube Channel!

If we are able to get 100 subscribers we can attain a custom YouTube url, such as:

[youtube.com/CharterHouse](https://www.youtube.com/CharterHouse)



## New Tech, New Opportunities Coming to Charter House



Charter House is looking to use funds from the generosity of the Zonta Forum, to purchase video equipment. The goal is to create, produce, edit, and distribute in house videos pertaining to and or entertaining to Charter House. We hope to use YouTube as a main source of distributing our content. With this in mind, we would like to have a custom YouTube channel name, something that is easy to remember. This is where you can help. If you have a Gmail account, you can help us out by simply subscribing to our YouTube channel. Right now, the easiest way to find our channel is to goto our website:

[charterhousemi.org](https://www.charterhousemi.org)

From there, click on the YouTube icon in the upper right corner of our home page. Once you have reached our YouTube channel, simply click on the big red Subscribe button.

THANK YOU FOR YOUR SUPPORT!

## Charter House Daily Average Attendance

Charter House's daily average attendance has been quite steady through Spring and Summer months this year. In past years the average attendance has been quite volatile, indicated by the peaks and valleys in the adjacent graph. One of the possible arguments of the steady average may be a re-vamped outreach system. Charter House attempts to stay in contact with members who have not been attending Charter House. This is done in one of three ways; either by phone calls, greeting cards, or face to face visits. Sometimes a simple, "How are you?", "We really miss you!", and or the simple fact that someone may for the first time in a long time feel, "Hey, I matter to someone", makes the idea of a clubhouse community so very vital to so many people. This is why people want to be a part of Charter House. This is why they keep coming back.

