

CHARTER HOUSE JOURNAL

Volume 10, Issue 5

Sept-Oct 2018

Inside this issue:

NAMI Walks	2
Restaurant Reviews	2
Tiger Game	3
Portluck Jam Session	3
Wellness	3
Ban The Box	4
Stats Corner	4

Big Summer Trip: Shpshewana > John Hignutt

On September 25th of this year, Charter House held their annual Big Summer Trip to Shpshewana, IN.

We took a Dean's bus down to get there. I loved the bus ride.

This Amish community has everything, like the nation's largest flea market. We did a lot of walking. I bought an old radio from this one table.

Afterwards, we visited Cooks Bison Ranch with real live



bison. We had a tractor trailer take us into a herd, and we got to feed them. Got slobbered on...

After visiting with the bison, we went to Annie Oakley's Perfumery. They had a nice presentation and taught us how they use essential oils to create new fragrances.



Later on we went to a buffet restaurant. I picked up fried chicken, onion rings, and mac & cheese.

Overall it was one of the best BST's ever in my book. Who knows where we'll be going



next year. Hope it will be as great as Shpshewana.

This Is My Brave > Jerri Nicole Wright

This is My Brave is a national non-profit organization that is sweeping across the United States and Australia. They are gathering a cast of people to share their lived experiences of mental illness or how a loved one's illness has impacted their family.

I auditioned for the show

and I was chosen to be one of the cast members. We will have five minutes to share our recovery story from mental illness. I will be doing essay and other people will do poetry, comedy, and music.

They are encouraging us to be brave, bold and prepared as we take the Wharton Center

Stage in the Pasant Theatre on Sunday November 11th from 3:00 - 5:00 p.m. Tickets will cost \$18.50 for general admission or student tickets are \$13.50. Tickets are available now.

Charter House and I hope to see you there. Thank you for your support.

NAMI Walks > Jerri Nicole Wright

The day of the NAMI walk in Grand Rapids is getting closer. I am hoping for a dry, warm, and crisp autumn day on Saturday October 7th. So far I have raised 1,943.88 dollars. I am looking forward to reaching my goal of 2,000 dollars. Actually I have surpassed that goal if I count the cash and checks I have received so far. I want to thank everyone who has donated. So many good people out there who understand how important NAMI is

and what great work they are doing for the mentally ill



through support, education, advocacy and research. I just

want to give a shout out to Community Mental Health and especially to Annette Shields who coordinated the donations from CMH. You gals reached deep in your pockets out of the loving kindness in your hearts. May you be blessed from above for your generosity. Thank you for help and support.

Restaurant Reviews > John Hignutt

I felt rather down today. I felt like leaving or going home. Finally I reached out to other members and other's reached out to me, within an hour or so I felt like myself again. Charter House people really care!

-Kathryn W.

Allow me to tell you two unique dining experiences. They are called **Meat** BBQ and **Punk Taco** in Lansing's Old Town. Charter House has an "out to eat group" every month and we pick local places to dine at.



Meat: this diner grabbed the attention of the Food Network, and was featured with Guy Fieri's "Diners, Drive-Ins and Dives" a few years ago.

They serve everything Meat, like chicken wings, ribs, a range of BBQ pulled pork sandwiches, tacos, chili, and unique side orders like pickle fries, actual pickles fried in a special batter.

I enjoyed the full plate of nachos, the menu description says: Hand-cut tortilla chips topped with pork, bacon, and brisket...smothered with cheese, BBQ sauce.....drizzled with sour cream and finished with onions, tomatoes, jalapenos and fresh avocado. Very good! I also ordered the Parmesan garlic fries.



Another place called **Punk Taco**, also in Lansing's Old Town, was very unique. They have everything tacos and fine Mexican style food.

I ordered a huge order of pita

chips with a special cheesy buffalo sauce. Yum! I also ordered two servings of "Duck Fat Fries", French fries fried in duck fat. A unique flavor!

I ordered two of the fries, it was just too much food (big portions) so I gave away one of my servings. Funny, the waiter asked "is that all yours?" when I received a mound of food.

I didn't try it, but Punk Taco also had pizza. I was a little angry at myself when I found out that particular Thursday was "half off pizzas". I spent a fortune on the pitas and fries, wish I would've went for the pizza instead. I didn't find out about the pizza until later.

Anyhow, two very great eats to choose from in Lansing's Old Town. I'd definitely go back there to Meat BBQ and Punk Taco again!

Tiger Game Outing > James R.

There were 17 people that went to the game. Aaron and Kim were the staff that went to the game. Then John Freeburg met us there at the game. We stopped at shell gas station on the way here, for gas and to go the bathroom. The tigers came up short losing to the twins 9/2. I hung out with Zack and Cassie. We all got a free t shirt which I'll be giving to my mom. They did not have my size shirt. The shirt said motor city casino on

the front and a big D on the back for Detroit. The tigers will not going to be in the playoffs this year. The tigers are like the lions they both like to lose. Zack, Cassie and I all walked around the stadium a couple of times. We went to McDonald's on the way back. I got a couple double cheese burgers, a medium

fry, and peanut butter cup flurry. The trip was an all-around good time.



Pot Luck and Jam Session > James R.

Adam played the drums and Josh played the electric guitar. Some of the members played the hand drums. I played the hand shaker or rattler instrument. We had macaroni and cheese for the main dish. I brought potato salad for the pot luck. We also had Chocolate Chip cookies and Oreo cookies. For the desert, we had brownies and mint cho-

late chip Ice cream. We all jammed to groups like Metallica, Guns and Roses, Daugh-

terly, Bon Jovi, Brian Adams and many more.



I was bored out of my gourd and sitting around the house. Now I have Charter House to come to. I have a reason to get up each day. I feel a good happy, tired each week and after each day I feel glad I've accomplished something.

-Kathryn W.

Wellness > Stephanie Tighe

The Charter House Wellness Committee has been busy lately and we are starting to see some improvements to our wellness. One change is that we now are putting calorie counts on the lunch menu so we know how many calories each component of the meal has. This will help us to make wiser choices! Thanks to help from the Finance Department. They calculat-

ed the calorie counts for us.

There have also been some changes in the snack shop. The committee decided to stop carrying ice cream sandwiches and instead sell pure fruit bars (yummy!). They also stopped carrying YooHoo and instead offered flavored water with zero calories. We were selling Perrier with orange or strawberry fla-

voring but this was NOT a popular item. Last week we decided to sell Vitamin Water.

The committee is also looking at ways that we can improve our intake of water and fresh fruits. Be on the lookout for news on these changes!



CHARTER HOUSE

Where Everyone Has A Voice

606 W. Shiawassee St
Lansing, MI 48933

Phone: 517.371.2077
E-mail: charterhouse78@gmail.com
Site: charterhousemi.org

 facebook.com/recovery.begins



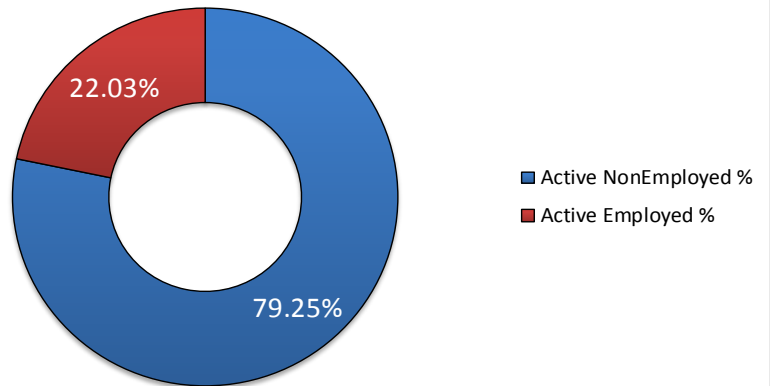
Ban The Box (Advocacy)

Ban The Box was passed by Governor Snyder last week. He issued a directive to remove the box asking the question of a criminal history in applications for the State Of Michigan employees. One in three adults has an arrest or record. By eliminating the box it gives applicants the opportunity to get hired based on qualifications and experience. The box eliminates applicants before their qualifications and experience are even looked at. It gives everybody a fair chance to have a successful life and re-entry into society.

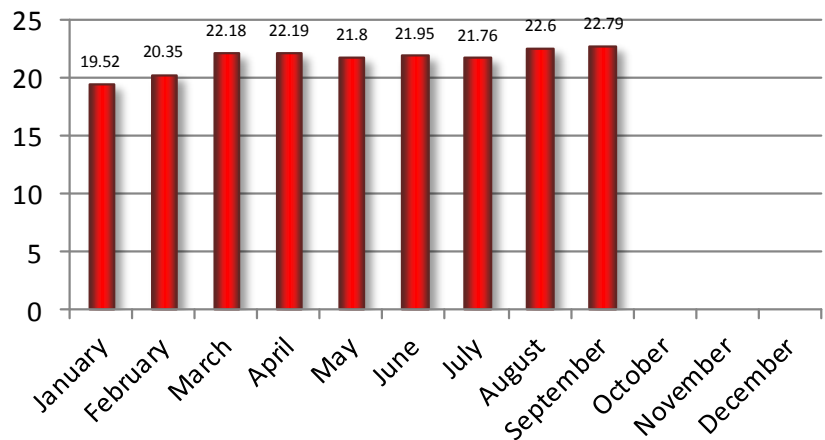


Stats Corner

2018 Employment



2018 Avg Daily Attendance



Unduplicated Members Monthly 2015-2018

