

CHARTER HOUSE JOURNAL

VOLUME 12, ISSUE 1

JANUARY-FEBRUARY 2020

NEW YEAR'S RESOLUTIONS >> CHARTER HOUSE



Julia C:

Have snack shop increase more money by having more merchandise.

Kim:

Read a book a month. Exercise three times a week. Don't buy any clothes for 1 year.

Charlie:

Try to quit smoking

Mike P:

Ride a bike one thousand miles in 1 year.

Marvin J:

Get a job. Good health.

Ryan S:

Happy that I have great friends and family. Have good health and keep working on it. Good dog.

John H:

Lose weight and get a job.

Andrew:

Want to be a better person and always meet new friends.

Joseph D:

Improve personal relationships and health. Got new apartment in 2019 and met new friends at Charter House.

Richard P:

Would like to go to Blind School. Be more independent.

Kathryn W:

Eat a little healthier.

Maurice H:

Want to live a better life. Get out of my routine life. Expand my life.

Albert R:

Keep healthy, physically and mentally.

Lynn L:

I lost 41 pounds in 2019, looking to continue to be healthy in 2020.

INSIDE THIS ISSUE:

GRATITUDE	2
CHARTER HOUSE	3
GARDEN PROJECT	3
CHRISTMAS	4
FRANKENMUTH	4
TRANSITIONAL EMPLOYMENT	5
DATA CORNER	6

THANK YOU >> RICHARD P.

I want to thank everyone for befriending me when I first came here. And thank you all for helping me become more independent. Thanks to Josh for help with contacts in the community which allowed me to get the items and services I needed to help me with my disability. Special thanks to Stephanie for befriending me and helping me problem solve. Thanks to George and Kim for pushing

me to do things outside of my comfort zone and showing me that I am capable of more than I thought I was. And special thanks to all the members and staff at Charter House for giving me a second home and family. Thanks to the staff at my home and the home owner, Elisabeth, for helping me get services and working with Charter House. There is always hope even when you think there is no

hope. Next year is going to be a busy year for me as I have plans to pursue education and work with the knowledge you all have helped me gain this year. Each one of you are angels and are greatly appreciated. If you have the chance to be an angel to someone, do your best as the good will come back to you.

GRATITUDE >> CHARTER HOUSE

I am grateful for my friends at Charter House.

~Richard P.

I'm grateful for all my friends here at Charter House. I'm glad I'm able come to charter house.

~Karen G.

I'm grateful or Charter House.

~Clark

I'm grateful for my family and friends here at Charter House. I like the activities we have here .I like being around the members.

~Gary L.

I like having Charter House to come to and have something to do during the day. I like the programs to choose from. I'm grateful for all the friendly people here.

~Mike E.

I'm grateful for all the wonderful opportunity Charter House has given me.

~Victoria

Charter House has done everything for me.

~Charlie

I'm grateful for my family and friends here at Charter House.

~Rita

I'm grateful for being here to have a job that I get to work with great people. I like to teach people and to learn from them.

~George

To have some where to go that gets me out of the house. Charter House is like family to me. I see my friends here more than my family.

~Lynn

I'm grateful we survived the flood we had here at Charter House and came out stronger from it.

~Gail

I'm grateful for my friends here. I'm grateful to be alive.

~Andrew

I'm grateful for everyone at Charter House being so welcoming and helpful.

~Liz

I'm grateful to be able to come here to Charter House and to keep busy.

~Diane

Charter House gets me out of the house. Charter House gives me something to do so I don't get bored.

~Ryan S.

HAPPY PLACE >> ANONYMOUS

The Charter House is a happy place; you can make friends, buy clothes, and eat lunch and buy snacks. There are after hour social activities from 4pm – 6pm every month, such as out to eat, art and sack lunch. But most of all you can just be yourself.

THE CLUB HOUSE >> ANONYMOUS

The club house is a very special place for a lot of reasons. We need to remember that the club house has almost been taken away from us on numerous occasions. The people that govern this state don't seem to understand that the club house is very important for people with a mental illness. We, as a club house, need to remember that if this club house would end up closing, some of us would end up back into the

hospital with many problems that we didn't have before. Some of us may be stuck at home or apartment without anything to do. We don't want that to happen do we? In order for it not to happen, we need to show that we care about our club house. Participation is important in all areas of this club house. We are all important in the function of this club house. It doesn't matter how much you do, it

matters the most that you're doing something. All of us are a great group of people and we all have something to contribute to this club house. We all have gifts and talents to give to this Club House. Never doubt that you have something to give. Because all of us do and all of us are special in every way. All of us have something to give to this club house.

CHARTER HOUSE GARDEN PROJECT >> MIKE P., JOSH K., KIM M. AND RICHARD P.

Many people were responsible with helping in the garden this year with the lead gardeners being Mike P. and Josh K. Even a squirrel or two helped out although it was not the kind of help we were hoping for. At the beginning of the season we bought garden supplies including herbs, vegetables and fruits. Paul M. initiated the construction of a new Garden Box which he built with the help of Mike P. and other members and staff. Herbs, vegetables and fruits were planted in the spring. Garden care was added to the daily task board on the Lower Level. Because of the daily care of our plants we yielded many tomatoes and other plants throughout the season. Our harvest was used

in dishes prepared in our own Vineyard Grill for everyone to enjoy. At the end of the season we purchased benches used to sit around the courtyard and enjoy the garden. We also purchased additional planter boxes and other gardening equipment to be used in next year's garden. After painstakingly watering the garden daily with watering pitchers throughout the season, we were able to purchase a hose and have our water spout fixed at the end of the season. This made our job of watering the garden daily much easier. We are hoping to expand and build upon what we learned in 2019. We are looking to add a blueberry bush, raspberry bush and some type of fruit

tree. We would also like to expand our assortment of flowers to help beautify the area. All in all the Charter House's 2019 Gardening Project was a huge success. We are looking to make it bigger, better, and more beautiful in 2020. We may even be able to find a way to avoid the unwanted help of the squirrels, birds, and other critters.

CHRISTMAS >> ANONYMOUS

There is a magic in the air. There are different Christmas activities during December to go too. Christmas trees are being put up. An activity board for Christmas has been made. Family and Friends are being invited for a Christmas party. We are going to have a lot of fun at Charter House.

ANNUAL FAMILY AND FRIENDS PARTY >> ANDREW M.

On Saturday December 14th Charter House had a Christmas party. Every year around this time of year we celebrate with family and friends Christmas party. We had a lot of great food and plenty of snacks. Some old members that we hadn't seen in a while showed up. It was a lot of fun

and it is good to have different things to do at each Christmas event. This is a time of year to also remember that there are people who are homeless and unable to celebrate Christmas. Later we played a game called the right left game. It's where someone reads a story that consist-

ed of the words right and left. While that person reads the story, members are passing gifts around to each other. When the story comes to an end and that person says stop, whoever is holding the gift gets to keep it. I hope to keep coming as long as I can.

FRANKENMUTH >> RYAN S.

Charter House's Annual Frankenmuth trip took place on December 6th 2019. We went to Birch Run outlet mall and they had lots of stores to choose from. They had shoe stores, clothing stores, Yankee candles, soap stores, and high end stores that sell purses. We then went to

Bronners and there were a lot of people. Then we went to Frankenmuth shops look around. Then we went to look at the little shops. We went to dinner, and then we went home. I was hanging around Whitney and that was fun and other people.



TRANSITIONAL EMPLOYMENT >> SHAWN S.

Transitional Employment is a highly structured program for members returning to work in local business and industry. Transitional Employment placements are at the employer's place of business, are part-time (15-20 hours per week), and include a lot of on-the-job and off-site support from Clubhouse staff and other members. These placements generally last from six to nine months. Members can then try another place-

ment or move on to independent employment. Transitional Employment is specifically designed as a vocational rehabilitation program where a member can gain or re-gain the skills and confidence necessary to have a job while he or she is employed in a "real world" position. The only requirement for the member to participate in Transitional Employment is the expressed desire to work.

Source:

<https://clubhouse-intl.org/resources/how-clubhouses-work/>

ENERGY BALLS RECIPE >> JAMES R.

INGREDIENTS:

- 1 cup Peanut Butter
- 1 cup Chocolate Chips
- 3.5 cups Oatmeal
- 3-4 tbsp Honey

DIRECTIONS:

1. Mix all ingredients together
2. Roll mix into small balls
3. Refrigerate 20-40 minutes
4. Enjoy



BACK IN THE SWING OF THINGS >> ANONYMOUS

Charter House was busy with Christmas activities, such as many parties and festivities that got people together. Now the festivities are over and Charter House is back to its normal activities with everyday tasks, looking forward to the New Year!



CHARTER HOUSE

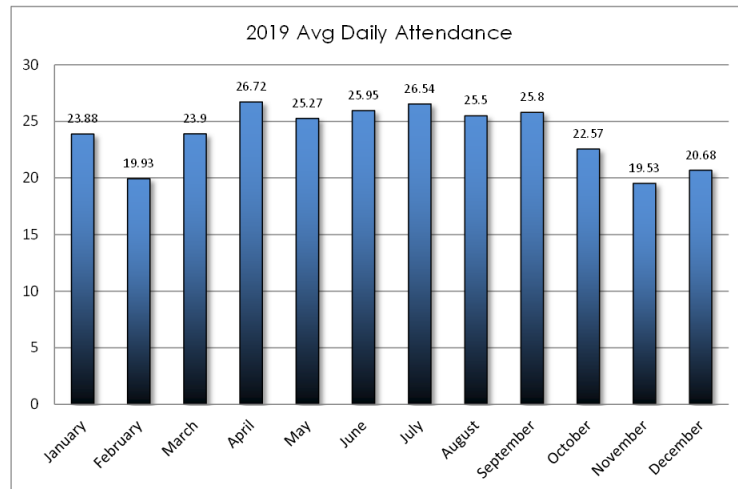
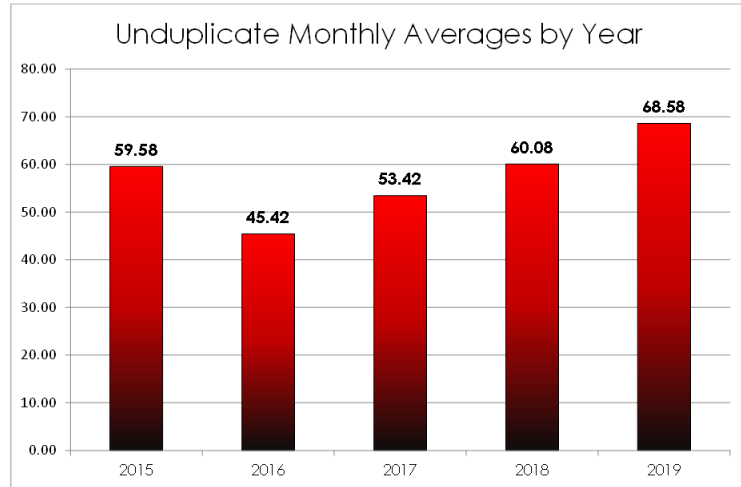
WHERE EVERYONE HAS A VOICE

606 W. Shiawassee St
Lansing, MI 48933

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

 facebook.com/recovery.begins

Data Corner



TOTALS for 2019:

Members Attending ALL 12 Months: 31

Number of Unique members 2019: 133

Number of Tours 2019: 83

Number of Tour Takers Returning: 38

Reach Out Calls: 298

Reach Out Visits: 6

Reach Out Cards: 139

