

CHARTER HOUSE JOURNAL

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THE BIG FLOOD >> JOHN HIGNUTT

Back in February, we had a big mess here at Charter House.

Turns out a pipe on the third floor burst from the freezing temperatures over the course of a weekend.

When our staff member Sean happened to come in, we had 2 inches of standing water on the second floor, it ruined computers and soggy ceiling tiles came crashing down all the way to the basement level. The Snack Bar lost its cash register due to the soaking.

The Upper Level Unit on the east side of the second floor was all but decimated. Fortunately Sean rescued several of our main computers and put them on our newly acquired third floor that used to belong to ACT last year.

Now we have a swell computer lab on the third floor. Members like it over the old Clerical Unit, especially me.

What happened to the old flooded space? Charter House took the opportunity to do some renovations. The area is still cordoned off. But it looks like it will be ready to use in the next 2 weeks

This incident makes you not want to take anything for granted. It could have been a fire, etc. It's been an interesting couple of months.

Sorry for the delay in our Newsletter publication.



Flood water looks like a mirror on the floor of the Upper Level Unit.



Lower Level Unit destruction from water coming through ceiling.

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TRIP TO RAINBOW CONNECTION >> ALBERT R.

George and I went to visit Rainbow Connection Clubhouse, located in Flint, MI, to participate in the success of their having approval for accreditation. George and I were given a tour of their clubhouse it was in many ways similar to Charter House. Their members take part in a work-related day, just like other clubhouses. We had pizza (2 slices), salad, and Kool-Aid drink. They have a snack shop and there

are many tasks to do to keep their clubhouse in tip-top shape. It was fun to visit Rainbow Connection and

their members were friendly and happy to show off their clubhouse.



ADVOCACY >> KIM M.

In January of 2019 we elected a new local Representative in Lansing Michigan's 68th district, which is where Charter House is located. Her name is Sara Anthony. We went to her first coffee hour in January to meet her and give her information about our clubhouse. Additionally, we invited her for a lunch and tour of Char-

ter House. We didn't hear anything back. Then, one day she showed up at our club-



house! This was an accident. She was going to present a certificate to our employer of choice for the state wide em-

ployer recognition at the Capitol with all the other clubhouses. She came to our clubhouse instead, as she did not know it was at the Capitol building. We took advantage of the situation, gave her a tour, and took a picture with her. We hope that she will visit again and eat lunch from our awesome kitchen.

ADVOCACY >> KIM M.

Senator Debbie Stabenow came to Community Mental Health Authority in Clinton, Eaton, and Ingham counties on Monday, March 25th. Charter House went to meet her and thank her for the grant she got for our clubhouse that expanded insurance requirements for new members. Charter House director, Stephanie Tighe,

gave her information about what clubhouses do (evidence-based) and other information such as some of our members that got permanent and part time employment that made over \$100k last year! I did not know that Debbie Stabenow's father has schizophrenia. She said health resources should be provided to people who need mental health, a

majority of health issues are looked at in the body, but not from the neck up.



WELLNESS >> KIM M.

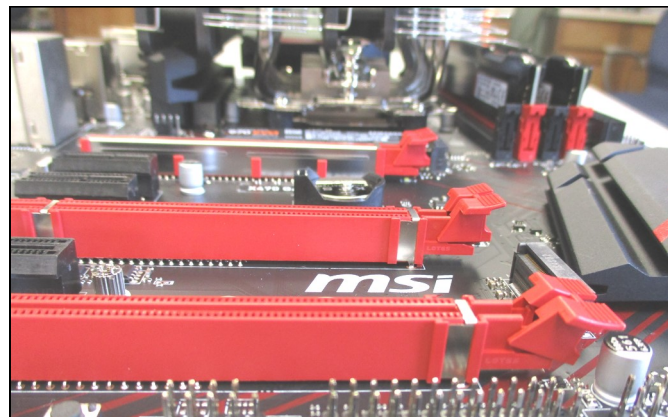
Wellness committee meets every Wednesday at 2:30. We have changed some snack shop items to healthier choices such as pop to sugar free, no additive juice options. There are still plenty of pop choices, just some healthy choice options. Additionally, there is baking on Wednesday and Thursday afternoons. Two members have taken initiative to cook Thursday afternoons for the free food give away on Fridays to members. They have made delicious smelling beans soup, and salmon patty. On Wednesday baking group they have tried healthy option such as no bake cookies with honey instead of sugar. It

tasted great! Furthermore, the wellness committee decided to have "tea time" on Monday afternoons, and try a different tea every Monday. On Monday the wellness team also makes flavored water for drinking water initiative on Tuesdays. The first favor water was lemons, cucumber and fresh mint. Some members liked it, some did not. The mint was a little over whelming. Charter House has a food pantry for members low on food, and free food give away on Fridays that is leftover food from the week's lunch not bought in the snack shop. Charter house continues to do meditation at 11:30, walking at

12:30, and strength training at 3:00 every day. Yoga was added to wellness Tuesdays at 3:00. The wellness committee has collected data on all the wellness and calculated walking for Oct, November and December of last year, 2018. The largest walking distance was from Charlie, a member who walked 16.2 miles in those three months! Congratulations!

WE BUILT A COMPUTER >> SEAN H.

Charter House is constructing a video lab. Zonta Group awarded Charter House a grant to get us up and running. We purchased some lighting and green screen and at the same time we began shopping for a decent camera. We also decided that we would need a dedicated computer to work on video editing. It had to be a fast machine that also had a proper graphics card. We purchased all components through Amazon and put it together at the beginning of April. We are currently waiting for our camera to ship and then we will begin to make videos to upload to YouTube. Stay tuned!



CHARTER HOUSE MONDAYS >> CARIE B.

I, Carie, like coming to Charter House on Mondays. The thing that I enjoy doing at Charter House is washing dishes. I also like cooking in the kitchen for instance. I like learning how to make certain meals that I don't know how to make. The meals that I know how to make are: SPAGETTI, TACO SALAD, MEAT LOAF, GRILLED CHEESE SANDWICHES, and HAMBURGERS. The meals I don't know how to

make are: STEAK, PORK CHOPS, and SALAD (LEARNING HOW TO CHOP UP FOOD). I also like doing recycling at Charter House. Recycling is where you get to sort the items out.

I LIKE COMING TO CHARTER HOUSE BECAUSE IT GIVES ME SOMETHING TO DO AND I WON'T BE SO BORED.

ZAYTOON'S MEDITERANEAN



A group of us from Charter House visited Zaytoon's Mediterranean to try a new restaurant. Here is what our group thought of their experience.

Ryan had a cabbage roll and had some carrot cake. She said it was small. She would recommend Zaytoon's if a person was familiar with Mediterranean food and knew what to order.

Maurice had the chicken shawarma combo with a house salad and baked kibbe. He thought the food was "ok" and would recommend it.

Lynn had chicken shawarma with a salad and falafel. She felt the price was good, but the salad had too much dressing and the falafel was cold. The portion of food was good, but she would not recommend Zaytoon's.

George had chicken shawarma with tabbouli salad, lentil soup, and spinach pie. He thought the food was very good and that he got a lot of food for a good price. The staff was very helpful. Free pitas were served on the table. He would recommend Zaytoon's and it was a very good restaurant.

John ordered Greek salad and fries. John's takeaway was that it was good food, cheap, and a good amount of food. When asked if he would recommend Zaytoon's he said, "maybe".

Sean had Chicken shawarma with house salad. He thought it was a nice, medium sized restaurant. The food was good and filling, overall a good value and he would recommend it.

Gary ordered beef kabob, rice, spinach pie, and hom-

mous. He thought the food was very good and would recommend it.

Overall, it was a bit of a mixed reaction to our Zaytoon's experience. That being said, I believe everyone was happy to try something new and expand their culinary horizons.

NAMI WALKS >> JERRY NICOLE WRIGHT

I am proud to once again to raise funds and walk for the national alliance on mental illness or nami. I will be participating in nami walks in Grand Rapids and we walk on Saturday October 12th 2019.

I would like to invite anyone who is interested in donating and/or walking with us to just let me know. My email is nicolefishing@gmail.com. We will be taking an old school bus from Community

Mental Health on CMH parking lot around 8:00 am heading to Grand Rapids Davenport College on Saturday October 12th. Perhaps a few CMH employees would like to form a team and walk together. If so, just contact NAMI in Lansing and we would be happy to get you started.

Contact information for NAMI in Lansing.
Website: <https://www.namilansing.org/>

Phone (517) 484-3404.
Nami president is Kevin Keeler. If you want to donate to my fundraising page.
<https://www.namiwalks.org/index.cfm?fuseaction=donor%20drive.participant&participantID=257377>.

Practice getting your steps in and we will see you in October. Thank you for all of your support for the national alliance on mental illness.

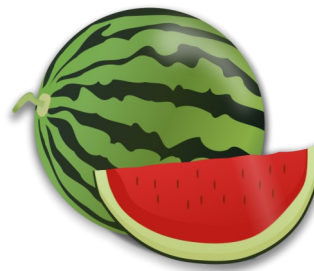


FAMILY & FRIENDS PICNIC

Hello All, The time is near! For what, you ask? For the Family and Friends' Picnic! This year it will be at Hawk Island Park in the Red Tail Pavilion, our traditional spot. We will have a lot of great food and great company. Why is this such an important event? It gives us at Charter House the opportunity to spend time with friends and family and show them

how great we are. We always look forward to seeing people we may have not seen in a while, and maybe even meet some new people. We mingle, introduce friends and family to our fellow colleagues and munch on some delicious food. There will also be some fun games to play. We would tell what we're having to eat, but it's top secret. You'll have to

come and see for yourselves. We really enjoy this event and hope to see you there!



BOULDER RIDGE

A group of us from Charter House visited [Boulder Ridge Wild Animal Park](#). Karen brought waters, grapes, and cookies for everyone. Boulder Ridge has many unique animals. Some in our group fed giraffes and camels, as well as fed parakeets in a large aviary.

They continue to grow their exhibits and we could see

construction ongoing during our visit. Can't wait to see what they will have next! After taking a bus around the outer parts of the park, our group left and headed to the Ice Cream Caboose to get some burgers, chili dogs, and drinks. It was a warm day and the air conditioned ride back was nice. Everyone had a great time.



CHARTER HOUSE

WHERE EVERYONE HAS A VOICE

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Data Corner

