

Charter House Journal

Volume 13, Issue 2

July—August 2021

Charter House turned 43!

Charter House recently celebrated its 43rd anniversary. Having been founded in April of 1978, we have certainly seen our share of changes. In fact, we still have a member who started attending charter house in 1978 who will still come in from time to time. We've seen members come and go. We've changed locations and renovated our current location. We've had four coordinators. We have also moved from not being accredited to being accredited with Clubhouse International. One thing that has not changed is our love for Clubhouse.

I've worked for CEI CMHA for 27 years now and have been a part of its Residential program, ACT program, and or course Charter House. In all of my experience I've not had as much job satisfaction as I have had seeing a member blossom and come into their own person. I've seen

members who have accomplished their goal of getting a job, when they never thought they could or were too afraid of losing their SSI/SSDI benefits. I've seen members coaching other members and seeing the satisfaction in their eyes as they have that sense of accomplishment and community when helping others. I've seen members tutor other members toward their educational goals. And I've seen members who's goal was to just come in to Charter House so they would stop isolating themselves and then developed meaningful relationships and became a part of our Charter House family.

Of course there is the change that has come with COVID. We closed down last March 2020 like so many other places. We adapted to having a virtual clubhouse with Zoom meetings and conference calls. In August

we opened up three days a week with reduced hours and only allowing for 5 members and 2 staff on each of our two units. In September we opened up to 7 members and 2 staff per unit and being open 4 days a week. In May we opened up 5 days a week from 8am – 4pm. All the while, we continue to have a blended 9am and 1pm meeting were we do both in person and conference call. In June we are going to move to 10 members and 3 staff per unit. We are hoping that in July we can fully open up and let everyone in who wants to come. Through all of this change, there is still our one constant; our love for Clubhouse.

Family and Friends Picnic 2021 > Lynn L.

I took Spec-Tran to Hawk Island. There was a lot of members I haven't seen in a while. It was great not hav-

ing to wear a mask outside. The food was great. I played Bingo but I didn't win anything. I was bummed that

Spec-Tran came at 2pm and Bingo was still going on.

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My 8 Bit Computer World >> John H.



Hello. My name is John, and I collect old computers from the 1980s.

It was back in 1982 when my family bought a VIC 20 computer, with 4 whole K's of memory! I remember programming BASIC games on it by myself after a year of learning. The computer came with a cassette tape drive to save and load programs. State of the art for 1982.

In 1985, we bought an upgraded Commodore, the C64, with 64k of memory. I learned the ropes on programming games on that as well. My Dad's friends bought some of my works!

Today... a few years ago I bought BOTH a C64 and a VIC

20 from eBay in mint condition. I decided to store away the VIC with hopes of selling it back later (I still have most of the VIC software from the '80's). I kept the 64 active. Cost me a few hundred dollars but worth every penny.

I bought a floppy disk drive cheap so I can have something more reliable than that dinosaur tape drive. Over the past several years I collected about 50 games on floppies and cartridges. I make my own utility programs with help from an app called Geos Works.

Last night I started to finally give my 64 a home. I purchased a composite video to VGA adapter so I can view the

64 on a standard computer monitor. I bought it a desk that I still need to put together.

I really enjoy my 8 bit, it doesn't compare to today's Windows 10, but I just love the nostalgia of writing your own code and creating games.

Other things I collect... LP records and smart watches. I'm an and old school gadget freak. I love my records, a few Beatles albums and of course my favorite, ELO.

I hope you have hobbies that you love, just like my fondness for old computers. I'm having fun!

New Member Interview: Mitchell

What brought you to Charter House?

I came to donate my time.

What is your favorite thing to do at Charter House?

Go on outings that we go on.

What was your favorite field trip and why?

Going to the Fire Keepers Casino buffet outing, the food was really good.

What is your favorite food?

Taco Salad

Why should people come to Charter House?

They come here to help themselves by helping other people.

Family and Friends Picnic 2021 > James R.

We arrived at Hawk Island at about 10:30am. George and Mike P. grilled hamburgers and Sean and Donatus grilled chicken thighs. I played bean bag toss and Bingo. A group of us took a walk for about a half an hour. We walked

around the dock near the water. People were kind. There was lots of food.

Charter House Provides Beacon of Hope for Those Recovering from Mental Illness >> Jerri Nicole Wright

Senator Mike Shirkey, Senate Republican Majority Leader has plans to swiftly legislate the privatization of the Public Behavioral Health System, completely ignoring past outcry and recommendations for maintaining and improving the public system. I implore all legislators and Governor Whitmer to pause and take time to hear from those who stand to be most impacted by this proposed legislation.

I share my story in hopes all can understand what it means for those individuals and families that rely on the programs and services provided by Michigan's Public System:

I had been released from the psychiatric hospital but I still wasn't well. My symptoms of mental illness were so prevalent that I wasn't ready to part of the community. At that time in my life I stayed in my apartment with my boyfriend, Tom. I was homebound, isolated, and lonely. I kept my therapy appointments, my psychiatrist appointments, and my medical appointments. I would do those things with Tom's help and was almost totally dependent on him. I desperately needed a place in the community.

Charter House Clubhouse was an answer to my painful isolation, boredom, and loneliness. It is a welcoming place where people diagnosed with mental illness can come and find meaning and purpose in their life again. It is considered a psycho-social rehabilitation program and Community Mental Health Authority of Clinton, Eaton, and Ingham Counties is our parent agency.

Charter House gave me a reason to get up in the morning. At the Clubhouse we have what is called our Work Ordered Day. Members sign up for tasks for the operation of our program. Dedicated staff work with us side by side to teach us how to do our jobs. We work together as well as play through planning social activities together.

It was hard after years of seclusion, but I couldn't have found recovery in isolation. It was through clubhouse relationships and connection where I experienced the grace of transformation. Eventually my peers became my friends and in fact, now they along with staff are like family.

The first in Michigan, Charter House was founded in April,

1978. There are now 47 Clubhouses in Michigan and over 350 in 34 countries. Charter House is accredited through the International Center for Clubhouse Development.

Why do Clubhouses work? It's been proven through Evidence Base Practice that Certified Clubhouses aid in recovery from mental illness. Outcomes include less days in

the hospital, fewer hospitalizations, fewer arrests, and a higher degree of satisfaction with their lives.

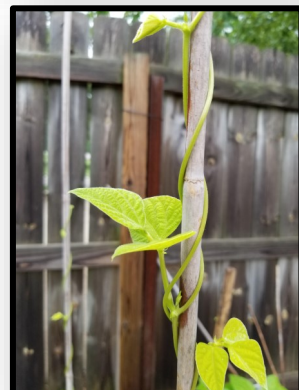
They work because we start from where we are at accepting and embracing the humanity in each member. Clubhouse gives us the dignity we have been denied and the opportunity to take back, reclaim, and with grace, redeem their lives. We are restored to a state of wellness despite having a mental illness.

Charter House is a strong beacon of hope for the Greater Lansing Community. If you want to know more about Charter House visit: www.charterhousemi.org or to learn more about CMHA-CEI at www.ceicmh.org.

New Member Cheryl B >> Lynn L.

Cheryl is from Lansing, MI. She enjoys listening to music and working with art and art work. She doesn't have and pets would she likes cats. She enjoys watching and following baseball. She likes all kinds of music. Cheryl has a son. Her favorite TV show is The Addams Family. She likes the friendly people at Charter House. Cheryl hasn't been to college, but she did attend vocational school. Cheryl likes to sing, dance, and paint. Welcome to Charter House Cheryl!

Charter House Garden (In Pictures)



Sudoku Corner

	7			2			4	6
	6					8	9	
2			8			7	1	5
	8	4		9	7			
7	1						5	9
			1	3		4	8	
6	9	7			2			8
	5	8					6	
4	3			8			7	

1) Easy Level

		4		5				
9			7	3	4	6		
		3		2	1		4	9
	3	5		9		4	8	
	9						3	
	7	6		1		9	2	
3	1		9	7		2		
		9	1	8	2			3
				6		1		

2) Easy Level

2						6	9	
	5				3			
1	7				9	4		5
		3		2	5		1	8
				4				
7	2		3	8		5		
5		2	6				4	1
			5				7	
	6	7						3

3) Medium Level

	9	1		7				
2		3					5	
			4		2	9		7
		2	8		6			9
9			1		4	6		
1		5	2		7			
	8					5		1
				1		7	6	

4) Hard Level



Charter House

606 W. Shiawassee St
Lansing, MI 48933

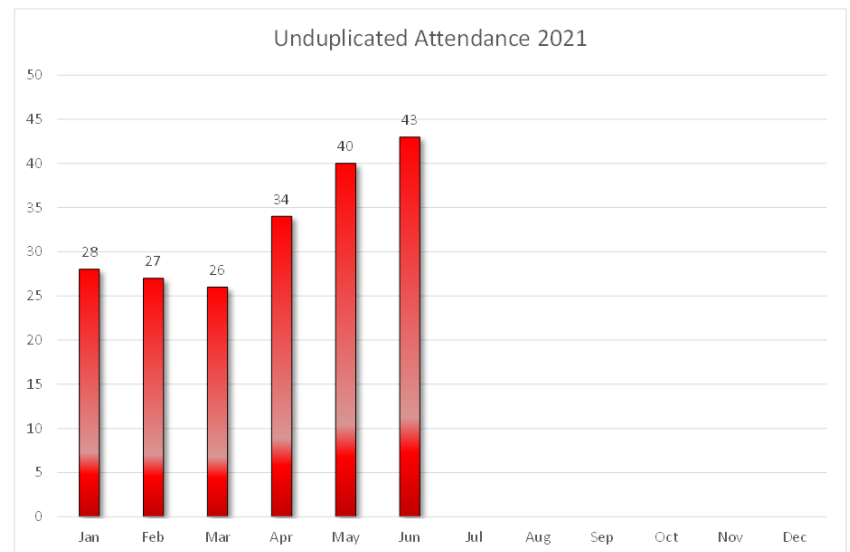
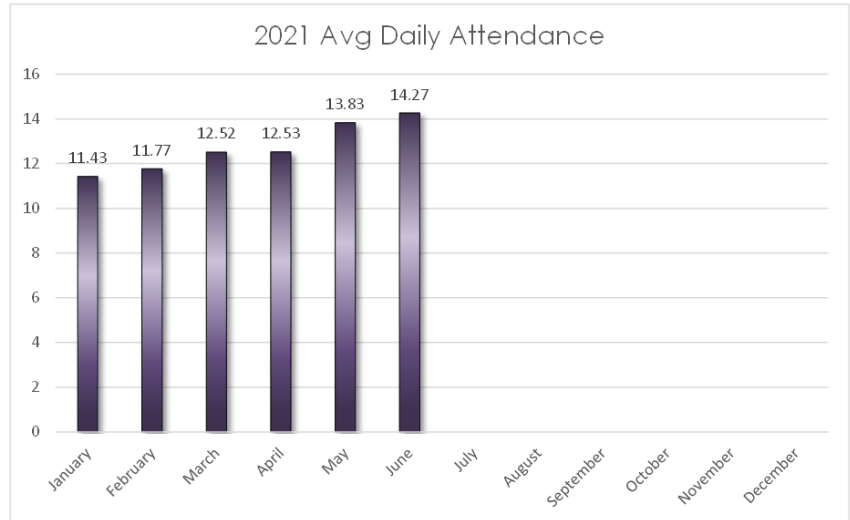
Phone: 517.371.2077

Site: charterhousemi.org

Email: upperlevelunit@gmail.com

"Where Everyone Has A
Voice"

Data Corner



Sudoku Answer Key

Puzzle 1

8	7	5	9	2	1	3	4	6
3	6	1	7	5	4	8	9	2
2	4	9	8	6	3	7	1	5
5	8	4	6	9	7	1	2	3
7	1	3	2	4	8	6	5	9
9	2	6	1	3	5	4	8	7
6	9	7	4	1	2	5	3	8
1	5	8	3	7	9	2	6	4
4	3	2	5	8	6	9	7	1

2	6	4	8	5	9	3	1	7
9	8	1	7	3	4	6	5	2
7	5	3	6	2	1	8	4	9
1	3	5	2	9	7	4	8	6
8	9	2	5	4	6	7	3	1
4	7	6	3	1	8	9	2	5
3	1	8	9	7	5	2	6	4
6	4	9	1	8	2	5	7	3
5	2	7	4	6	3	1	9	8

Puzzle 2

Puzzle 3

2	3	4	1	5	8	6	9	7
9	5	6	4	7	3	1	8	2
1	7	8	2	6	9	4	3	5
6	4	3	9	2	5	7	1	8
8	1	5	7	4	6	3	2	9
7	2	9	3	8	1	5	6	4
5	9	2	6	3	7	8	4	1
3	8	1	5	9	4	2	7	6
4	6	7	8	1	2	9	5	3

4	9	1	6	7	5	2	3	8
2	7	3	9	8	1	4	5	6
8	5	6	4	3	2	9	1	7
7	1	2	8	5	6	3	4	9
5	6	4	7	9	3	1	8	2
9	3	8	1	2	4	6	7	5
1	4	5	2	6	7	8	9	3
6	8	7	3	4	9	5	2	1
3	2	9	5	1	8	7	6	4

Puzzle 4