

Charter House Journal

Newsletter

October, 2022

Walk A Mile At The Capital!

Special points of interest:

- **Walk-A-Mile**
- **Big Summer Trip**
- **Advocacy**
- **New Member Highlights**
- **Young Adults**

Walk a Mile was held at the Capital on September 15, 2022. Many members attended, and many community members assisted in advocating for individuals with Severe and Persistent Mental illness. Advocacy walks were held with a route

around the Capital Building. Advocacy was held to Say No to Privatization.



October Events

- Rep. Sarah Anthony Visit: Tues, 10/4 @ 1:15 PM
- Out To Eat Group, Thurs, 10/6 @ 4:00 PM
- Uncle John's Cider Mill Wed, 10/12 @ 12:00 PM
- Art Night Wed., 10/26 @ 4:00 PM
- Halloween Party, Mon., 10/31 @ 4:00 PM

Member Write in....

Hello, my name is Karen Ghere. If I'm having a bad day I come to Charter House and I get around people and it seems to help me get cheered up. I say Charter

House is like my family and they always cheer me up. I especially like the evening activities and I look forward to going on the Big Summer Trip. If it

weren't for Charter House I would be sitting at home and being bored and crying all the time. I'm so glad that I can come to Charter House.

Charter House Big Summer Trip.... By Mike E & Gary L

Charter House rented a large bus and left on a cool fall day to go to Detroit to ride on the Detroit Princess Riverboat. We left around 9:15am and arrived around 11 AM in Detroit. There were about 40 people on the trip, including members, staff and the bus driver Henry.

The Detroit Princess set sail around Noon. The

ship headed East for about an hour with Detroit on one side of the river and Windsor Canada on the other bank. During the ride we were able to get food at their buffet. There was baked chicken, tortellini, mashed potatoes, steamed vegetables, marinated mushrooms, and salad. For dessert we had strawberry shortcake with vanilla ice cream.

After we ate, many of us went for a walk around the ship. We were able to go outside on the decks to enjoy the view. There were four observation decks that were able to walk and sit on. The sun would peak out from behind the clouds from time to time warming as we were a little chilled from the brisk breeze blowing along the river. On the decks near

the rear of the boat, there was not very much wind and it was quite comfortable.

When we were not walking around the boat we were enjoying the fantastic music. There were five singers and someone on keyboard and mixing music that were performing Mowtown Music. The singers would take turns as the lead singer while

“The food was really good. The music was good.”

-Lynn L.

“ I enjoyed it! I had such a great time! I didn't even know the boat was moving!”

- Bezuye K.

the others would be backup singers and would dance in unison much like The Temptations or The Four Tops. It was a lot of fun.

After about an hour of sailing East, the ship turned around and headed back to port. When we docked we all disembarked and waited for Henry to get the bus. Once the bus arrived, we all got on and Henry Drove us to the

“I got a text saying I was in Canada.”

-Mike P.

Cracker Barrel in Okemos.

We had a great time eating dinner and visiting with each other. When we were done eating, many of us shopped in the Cracker Barrel Gift Store. Once we were done, Henry Drove us back to Charter House and exited the bus around 6:30pm, and everyone headed home.



Young Adults Member Services...

As member attendance has grown, we have integrated a meeting that includes younger members in order to learn new perspectives, and integrate some younger views to our existing meetings and into the work ordered day. During the

meetings Clubhouse Members of all ages are welcome, and discussions are had about how to implement more accepting protocols and changes to existing paperwork. The meetings also take on creating a younger feel to the existing activities,

meetings and committees. This meeting will start to implement education on LGBTQ+ topics, as well as present some younger opinions/ views on how to increase membership with the younger population.

Member Write In...

We have this moment to be grateful and move forward. We have each other as friends at Charter House and many resources to use to better ourselves. I am

Daniel and I am glad to be here. I am working on my daily routines. I wake up, take a shower, eat a good breakfast with coffee, and tune into a morning podcast on

recovery from addiction by a Former FBI Agent. Then, if I have time I tune into a U.S. Secret Service Podcast. Every Evening, I listen to the Bible on Audio.

*“It feels good to have so many members working together .”
-Marrissa S.*

I am motivated to be productive and today I am busy. Charter House is a productive place to come where I can focus. I would like to read a motivating stirring book by Joel Osteen and

another book about FBI National Academy. Anything is possible. Our potential today is limitless. I am also working on developing a TEDx Talk called, “The Feds

Need The Mentally Ill.” It will be about consumers reporting emergencies and building bridges between law enforcement and vulnerable populations. So much to do today. Thank you for being you! -Daniel Arnold

New Member Highlights

Charter House

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Ben M.

Ben started attending Charter House in July. They prefer to be called they/them/their, and some people call them Death Metal Ben. Ben is passionate about darts, music, and mosh pits. Their favorite band is Slipknot. Ben is a gregarious East Side socialite.

Harry R.

Harry joined Charter House this summer. At 19, he is our youngest member. Harry enjoys being a good person, helping, and making friends. He enjoys basketball, football, watching movies and YouTube videos, and spending time with his five brothers and sister.

Denice's Delights: Granny's Monkey Bread Recipe

Prep Time: 15 minutes Cook Time: 30 minutes 12 servings 260 calories

Ingredients:

24 oz (three 8 ounce tubes) of refrigerated buttermilk biscuit dough (not the flaky kind)
1 cup of granulated sugar 1 cup of butter 1/2 cup brown sugar, packed
2 tsp of cinnamon (or pumpkin pie spice) optional: 1 c chopped pecan halves

Instructions:

1. Prepare pan: heavily grease a 12 cup bunt pan with butter. 2. Preheat oven to 350 degrees
3. Prepare the dough: Separate biscuits and cut each one into 4 equal bite-sized pieces.
4. Combine sugar and cinnamon in a bowl or plastic bag.
5. Drop roll each piece of dough into the sugar mixture and shake or roll around to coat.
6. Note: If using pecans, sprinkle these at the bottom of the bunt pan before adding the dough.
7. Gently melt butter and sugar. Bring mixture just to a boil and remove from heat. (Do not overheat. You just want the sugar to dissolve). Carefully drizzle mixture over the rolled dough balls in the pan.
8. Place the pan in the center of the preheated oven and bake for 30 minutes, or until the top turns golden brown. If needed, cover with foil to prevent burning.
9. Invert: Allow pan to rest for five minutes. Then cover with a large plate and turn over. To eat, pull the desired amount off with your fingers (like a monkey would), and enjoy the sweet, gooey treat.