

# Charter House Journal

APRIL/MAY/JUNE 2024

## Coordinator's Corner By: George Hatter

It seems that I have been presenting about Charter House and Clubhouse in general a lot lately. Which is a good thing! If we ever want to do away with "Clubhouse is the best kept secret", then this is what we need to do. Amongst all of the great things about Charter House and the Clubhouse Model, the one thing that stands out in my mind the most is building relationships. Hand in hand with that is community.

As I'm describing all of the services that Clubhouse provides I find myself talking more and more about members building relationships. When so many members have anxiety or depression or some other symptom of their illness, it can be very daunting to get out of their normal isolating routine and meet new people.

When people know that they can come to a place where there is no judgement or stigma around their mental illness, it can help them take that first step toward joining the Clubhouse community. Having that judgement free zone where they make friends, learn new skills, exhibit their talents, and work toward their goals is where the recovery comes from. Along with building relationships with other members, the working side-by-side nature of their relationships with staff is also important. As we all know, staff are not managers or supervisors of the members.



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We are colleagues who work together to run the Clubhouse. As members come to realize that *their* opinion on the running of *their* Clubhouse is not only wanted but is needed, it helps them take more ownership of the Clubhouse and helps them move forward in their recovery because they know they are important.

Charter House has been around for 46 years now and in that time have helped thousands of people. Some people come here to get help with their employment goals. Others come here because they want help with their educational goals. Some come for a tour and think that this may not be the right fit for them in the moment. However, many people have come here and stayed because they found their people, their community and have literally been here for decades.



## **Bobcat Bonnies and Detroit Symphony Orchestra By: Jennifer O.**

On May 2, 2024 a few members from Charter House went out to eat at Bobcat Bonnies (the former location of Clara's) located on Michigan Avenue in Lansing. George and Josh ordered Nachos. There were pleased with the dish. Eloise enjoyed the "Baconator" (2 1/4 lbs patties) with cheese, bacon and assorted condiments. She was definitely full. Mike enjoyed his golden wings (wingdings)

and a couple side dishes. He had a big smile on his face. I had the chopped salad which consisted of chopped iceberg lettuce, salami, garbanzo beans and dried tomatoes. The dressing was a lemon vinaigrette. It was very good. Everyone else was pleased with their meals. We ended up taking two (...cont pg 3)



*Bobcat Bonnies*



*Detroit Symphony Orchestra*



*Mike K at Lake Cadillac*

## **New Colleague Development Training By: Dan R and Mike K.**

Mike K. and Dan R. had the opportunity to visit clubhouses at Club Cadillac and Genesis House. Mike wasn't sure at first what the training was about but quickly enjoyed his time meeting new club members. Mike really liked the area in Cadillac and learning about how other clubhouses run their work order day. Mike was able to volunteer

for a banking task as well as being a greeter to meet all the new people. We learned about what it is to build relationships at a clubhouse and how the work order day is more than just volunteering for tasks. Its meaningful work that can focus on strengths of its members. In an excerpt from Staff and the Science of Clubhouse by Andy Wilson,

one particular sentence stood out. "This is what we're doing in Clubhouse, we are making sure there is hope, there is need, there is meaning, there is opportunity and people get better. It's the nature of people to get better". People do get better at Clubhouses, in my short time at Charter House I've seen it happen.

-Continued page 5

## Allen Street Market By: James R.

Last Thursday there was 7 of us members that went to Allen Street Market. We had 2 staff Marrison and Sandra. I bought a 20 oz Columbia coffee. I also bought a 20 oz bag of peanuts and a 20 oz bag of white chocolate pretzels. Gary L. bought a Mexican enchilada dinner. I am pretty sure Gary L. did not like his meal that well. The meal came with white rice and had seasoning on it. The dinner also came with black beans. Gary L did not eat any of the black beans or the seasoned rice and only half of the en-

chilada. Marrison bought a smash burger with fries. I think I ate most of her fries because she did not want them. The fries were a hit at least I thought so. I would have bought a smash burger for myself, but we had cheese burgers for lunch that day at Charter House. I think a couple of other people bought the Columbia coffee too. The coffee grains were shipped in from Columbia. They had African food there too. I believe Sandra bought some African food and said it was ok. I had an overall good experi-

ence there at the market. I believe everyone that went would come back again.



*Bezuye, Mike and Marvin enjoying some food.*

## Meridian Mall Activity By: James R.

We went to the Meridian Mall on Wednesday June 5, 2024. The activity was from 4 pm – 6 pm at night The activity was the out to eat group. I had Panda Express for my dinner meal. I had orange chicken and Walnut shrimp with a side of white rice.

I had a Java Mocha smoothie to drink. All the food was excellent. Bezuye had chicken shwarma for dinner and she liked it. I think Victoria had Ethiopian food. Victoria did not like her food at all. Mike E seemed to like what he ate.

We did not have time to walk the mall.



## Bobcat Bonnies continued

vehicles (George + Josh drove). After leaving the restaurant we went over to MSU and toured the campus by vehicle. The university looked beautiful. They were doing construction over one of the bridges. After the tour we were going to park in a ramp but the van height was too tall. The ramp was only 7'6" We got rejected. George dropped us off at the Wharton Center. Once we're together George handed out the tickets. By the time the

program started most of the seats were taken. As the Orchestra was seated, one female violinist came to the center of the stage and started the group. After the violinist stopped, the conductor came in. There were Cellos, Violas, Violins, Flutes, Oboes, French Horns and Kettle Drums. There must have been ten or more violins. They are amazing! At one point during the program a young woman wearing a red dress started playing her violin. She was very

vigorous in her playing. It was fascinating to watch. At the end of the program the audience gave the Orchestra a standing ovation.

## The Work-Ordered Day By: Daniel A.

Friends, let's start with a definition: Work verb. Be engaged in physical or mental activity in order to achieve a result, do work.

Many of us at Charter House Clubhouse are on disability income, determined unable to work for at least for the time being. Whether intended or not, we enter the building on a mission. We crave more friends. We get tired of not being able to afford a tasty meal. We find ourselves bed laden depressed, with no purpose.

The Clubhouse model gives much to many people in diverse ways. We call it the "work-ordered day." Falling into a groove, doing the same schedule weekdays if we desire.

Something as simple as reserving a meal and paying a dollar for it by the same deadline every day develops structure. There is no limit to the potential. I put together a 140 book draft and

prepared to present at Mid-Michigan Police Academy. I studied Office For Bombing Prevention as part of FEMA/Homeland Security Awareness Training.

At our pace. Some desire employment and opportunities are plentiful to begin. At the very start, tasks can be undertaken at Charter House, spring boarding to actual paid work crews. This temporary employment leads to long term employment for some consumers, which may otherwise seem impossible.

There's something for everyone here and my highlight is the amazing meals! I was given the chance to pick what I want. I went for beef pad thai with Strawberry Cheesecake.

My aim is to arrive before lunch reservation time 5 days a week. Afterwards, I visit 8 government properties a day to speak to local, state, federal security/police in Capitol City Downtown Lansing, Michigan, USA. I know God has

provided Charter House clubhouse with the love of Lansing Community. Thank you for listening!

Best Regards,

Daniel A. (Grateful Member)



*Daniel's beef pad thai*

## Elizabeth Graduates!!!!

Congratulations Elizabeth on your hard work to complete your diploma. Elizabeth explained that it was really important to her that she earns her diploma. Elizabeth is looking into furthering her education by going to either LCC or JCC and has a visit to LCC soon and will decide which visit goes best. Elizabeth aspires to go into Social Work and hopes to transfer to Davenport or possibly MSU to get a masters degree.

Elizabeth would like to work in this field to make a difference and help others with their struggles. Everyone at Charter House is proud of Elizabeth's accomplishment and knows she will go on to do great things. In addition to Elizabeth's education she has also started working full time at Burger King.

Way to go, Elizabeth!



## Training continued from page 2

Our 3rd week of training we visited Genesis House and met incredible staff and members there. We were able to take a trip to one of their TE's First Impression Print and Marketing. Mike K. pointed out once again he loved the area particularly the old houses in the neighborhood and enjoyed being at Genesis House. Mike helped out with dishes this time, while making lots of friends at Genesis House.



Dan R and Mike E



Richard R.

## Charter House Fundraising By: James R.

Charter House had a fundraiser at CMH building on June 5 2024. The fundraiser was at lunch time, between 11:30 am to 1 pm. We sold pulled pork sandwiches for \$5 each. I bought 2 sandwiches. We also had a \$5 large salad and a \$4 side salad. I did not eat any salad but I am sure it was excellent. The salad had several

fixings to put on it, like cheese, onions, tomatoes and cucumbers. There was also chocolate chip cookies and snickerdoodles cookies. For those who have not had snickerdoodles they are sugar cookies with cinnamon sprinkled on top. Both cookies were very tasty. They sold the cookies for 50 cents each,

or 3 cookies for \$1.25. I took advantage of the deal and bought 3 cookies. After the cost of buying all the supplies we made about \$400 in profit. That money will go to covering part of our big summer trip. There was another member that brought several baked goods that she made from home. We sold those baked goods that she brought for 50 cents each. I think overall it was a success, although we did have one whole pan of pork we did not sell. We ate the left overs at lunch time at Charter House a couple of days later.



Left: Hazim, Piero, and George

Right: James R.

## Grateful for Charter House by Paul M.

“Work hard and achieve great things.” This is one of the statements I’ve heard over the years, but, never appreciated or even really fully understood. Charter House clubhouse has helped me come to understand that there is another value to “work” which supersedes the usual pay check through the club’s, “transitional employment position” program. Belonging to a club in which its members share a great understanding of the human condition with common experiences, in a

collective and collaborative effort, we solve external as well as internal problems, developed through task oriented TE service. We all have similarities in that most people need acceptance, value and self-worth. All these great things may be achieved in a safe and simple way with persistence and of course gratitude.



## Disrupted Day By Daniel A.

Etched in Destiny, I make my 8 government properties walk 5 days a week to be mentored by Local, State, Federal Security/Police in Capitol City Downtown Lansing, Michigan, USA.

The walk, ending at Charter House Clubhouse takes up to 3 hours. I must arrive to sign in and reserve my gourmet dollar lunch by 11:00AM Sharp.

Recently, we experienced an hour lost time change. Yesterday I got out of bed about 8:30AM. Uh oh, way behind. My day was initially sad. I was going to miss my meal!

I arrived in the middle of food being served way beyond the reservation and prep time. Sean said, "We have one leftover meal and you can have it." Wow! You had to see me immediately cheer up with the

event of a pile of taco salad, but out of strawberry cheesecake.

Abby announced to me that I could have her cheesecake. Are you serious? My favorite dessert?

I sat down with fellow members and indulged in Clubhouse Gourmet, more than filling. Josh said I could have a can of Cherry Vernors. I am a happy camper. You are all a part of

my day. Charter House right down the street. Friends and the perfect meal.



*Taco salad, refried beans, and cheesecake.*

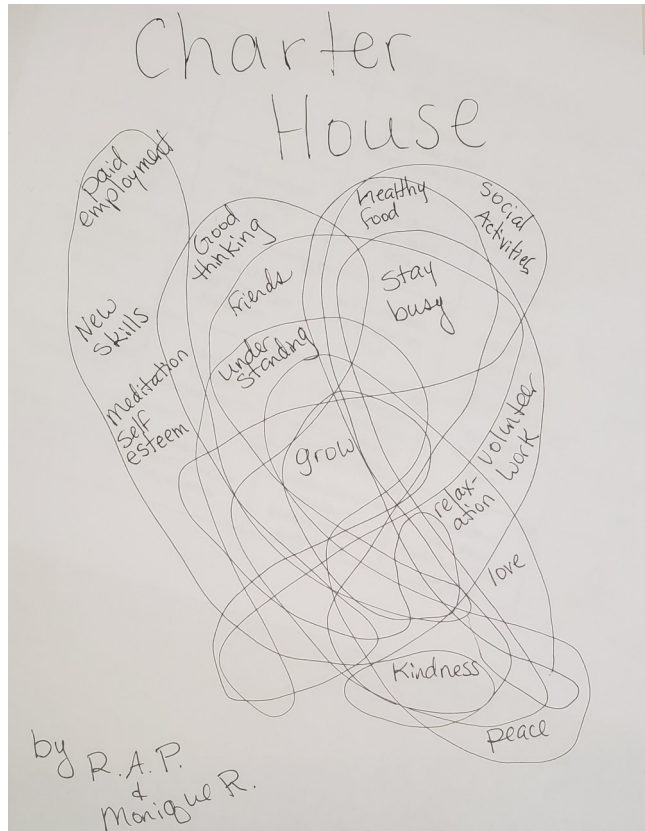
# Member Art Work



Lexi's artwork



It's a me, Mario! by Elsie



## Charter House

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*Charter House is a community of acceptance that empowers members with mental health challenges to contribute their talents for collaboration, recovery, and personal growth.*

[charterhousemi.org](http://charterhousemi.org)



### Membership Birthdays April/May/June

April	May	June
Leslie M 4/6	Julia C 5/3	Ryan S 6/2
Rebekah P 4/5	Richard G 5/6	Dawson W-T 6/11
Brett C 4/11	David T-B 5/13	James R 6/12
Erika A 4/21	George H 5/14	Sabrina F. 6/13
Mike K 4/21	Kathryn W 5/18	Ryan Sch 6/23
Sandra H 4/21	Marrissa S 5/24	Diane M 6/23
Mark R 4/25		Mike G 6/27
Evelyn S 4/26		Ray B 6/22
Kathleen A 4/27		
Richard P 4/27		