

## Coordinator's Corner: By George Hatter



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We had a visit from our State Representative, Emily Deivendorf on Friday 2/23/24. This was our representative's first visit to Charter House. Historically, Charter House has had a great relationship with our State Representative, with the last two being Senator Sarah Anthony and Mayor Andy Schor. This was a great opportunity to showcase our location, all the great services we provide, and the wonderful members that come to Charter House.

After taking a tour of Charter House's building and getting a brief overview of what Clubhouse is, Rep. Deivendorf ate lunch with us. While enjoying a great meal prepared in our kitchen, members took the opportunity to get to know our Representative. It turns out that Rep. Deivendorf lives in the area and we are a short walk from both her home and her office. Rep. Deivendorf shared with us that she doesn't drive because she has epilepsy and walks everywhere. She said that now that she knows us and where we are

located, she might pop in for lunch and spend time with us more often. One of the topics that came up during lunch had to do with housing problems in Lansing. Two of our members shared that they are currently homeless and spoke of their frustration with all the requirements and cost of getting into an apartment. Rep. Deivendorf said that she is on a committee that is trying to address housing issues in Lansing and gave the members her office's contact information so they can see if her office can help them with finding housing at all. We talked about how the Clubhouse model has a standard that talks about how Clubhouses have services to assist members with housing issues. As Charter House does not have any apartments, we utilize the housing services that CEI CMHA provides as well as filling out applica-

tions for apartments and follow up with apartment management. I floated the idea of the committee addressing housing issues that Rep. Deivendorf is on assisting CEI CMHA renovating properties that it owns and converting them into apartments. An example would be to renovate Richard's Place, which is located right next to Charter House Clubhouse, into 4 one bedroom/efficiency apartments specifically for Charter House members. Rep. Deivendorf said that it would be difficult to do during this fiscal year, but it is something that we could revisit for the next fiscal year. Perhaps down the road, Charter House will have apartments for its members.

Overall, it was a great visit where we strengthened our relationship with our Representative. We look forward to future visits and the ability to advocate for Charter House and its members.

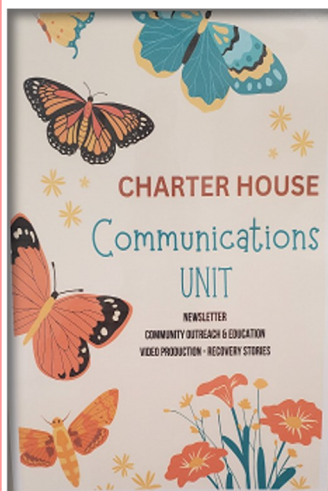
### Erika's Transitional Employment

Erika is the newest member on the crew. Erika started on 2/5 and after a couple weeks on the job she described that it's been a great experience and is learning the tricks of the trade. Erika reported that her duties include cleaning, recycling, and emptying trash. When asked why she was

interested in working on the crew, "It's a great way to earn a little more cash to spend". Initially Erika explained that the layout of Louisa St. building was confusing but has since learned the ins/outs of the layout and feels more comfortable. Erika mentioned that she was familiar

with other members who work on the crew such as Mike/Mark and was interested in getting into paid employment. Erika worked with job development team to get proper paperwork filed and training for the crew. If you are interested in working Job Club meets every Tuesday at 1:30pm. Way to go Erika!

## Penthouse News:



You may have already heard but there has been some changes to the staffing on each level. The penthouse now includes Abbey and Dan. We are working hard on bringing videos, weekly scoop, and the monthly newsletter. If you'd like to try your hand at writing some articles come on up to 3<sup>rd</sup> floor and work with us on creating some more content for the newsletter. Are you interested in filming,

interviewing members, sharing your story, or editing videos? This would be a great opportunity to learn something new or to tickle that journalism itch then look no further than communications unit. We will also look for volunteers to help with promoting Charter House to other programs so that case managers know more about us and can send us new members to grow our Charter House family. February we

will have meet with 5 different programs (Team 1 & 2 case management, Eaton Co Counseling, Waverly Wellness, and Clinton Co. counseling). Want to share your amazing experiences with others about Charter House let Abbey or Dan know you're interested in presenting to other programs in March.

***“On special breakfast days you can expect to see yogurt parfaits, cinnamon rolls, egg bake, coffee cake, and other wonderful treats.”***

## LLU News

Breakfast has been a hit! Rough estimates have us averaging 6-7 breakfast sales a day. On special breakfast days you can expect to see yogurt parfaits, cinnamon rolls, egg bake, coffee cake, and other wonderful treats. Sandra and Sean are now in the LLU helping to making delicious break-

fast and lunch meals for everyone. Also, don't forget if you are on transport and have a lunch card you can call in to purchase a breakfast before it closes. In other news the snack shop got moved which has created a more open layout for members to gather. Thanks for everyone's

patience while snack shop was moved over.

Right: New snack shop layout with more room for members!



## Consumer Advisory Council

Are you looking to give your input into CMH and its services? Well there is a great opportunity to get involved with a consumer advisory council. Once a month this group meets to get input on advice from its consumers on how to improve CMH's services. If you are willing to lend your voice and voices of others in a constructive manner you might be the one to get involved. This council meets

every 1<sup>st</sup> Thursday of the month from 3:30-5pm via zoom or phone in. Having access to the internet or a phone will be a requirement. This position requires a 2 year commitment per term and can stay on for 3 terms (6 years) after which you'll need to take a year break then can reapply. Being part of the consumer advisory council also pays \$75. At this time there are 3 spots opened if you are interested you can ask George. It's a

great way to be an advocate for your self and friends.

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## Resources: MEAP and Northwest Initiative Free tax service.

Michigan energy assistance program (MEAP) helps people who are struggling to pay for their utilities. One important tip MEAP provides is if you know you'll fall behind in payments call your utility company early to let them know, they may be able to work on a payment plan that works for you. If you need help making

payments MEAP can connect you to provide supplemental payments and self sufficiency services to low income residence. MEAP grantees are all community partners with MDHHS and can help applicants to navigate the MDHHS application process.

Northwest Initiative through AARP is offering free tax prepa-

ration. To make an appointment call 517-999-2894. This service is available to all low to moderate income individuals and families ages 50 and older.

More continued on page 4.

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## ULU News

Continuing with unit staff changes Denice has made it to the upper level unit with Josh and with haste has helped in updating the task board. New tasks were added and some old ones were removed. There is also some new weekly and biweekly tasks added to help keep things running smoothly.

Along with some of the new changes is how tours are being schedule. There are 3 new shelves to help organize who is coming and when. Once ULU gets notice of a new person with contact information and a tour date members/staff can follow up with a phone call a few days prior to the

tour date. There is also a new handy tour sheet to help whomever is giving a tour to cover all the pertinent information.



## Resources continued...

Another great resource is Closing the Digital Gap. They are committed to making the internet more accessible for low income families and individuals. Many aspects of peoples lives are directly involved with the internet these days. Closing the Digital Gap offers low cost to free laptops and computers as well as enrolling individuals into a low cost internet for \$10/month. In addition to the resources

listed they offer computer repair services which can be discounted if you have attended one of their computer training classes. There are training courses to help sharpen those computer skills varying from beginner to advance . These classes are either free or low costs and will need to speak with them directly to figure out if you meet their criteria for free classes. This opportunity is by appointment only at this time and can contact

them either through phone or email.

Contact information:

Phone:(517) 485-7581

Email: [ctdginbox@gmail.com](mailto:ctdginbox@gmail.com)

Website: <https://closingthedigitalgap.org/>

Address: 809 Center Street  
Suite 7B Adult Computer Labs  
Lansing, Mi

## Feb 28th activity Bowling by Nicole W.

Charter House took us bowling recently for an afternoon outing. Six members enjoyed the activity. Joel S, Mike E, Ray M, Mark R, Jennifer O. and Nicole W. Jennifer O said that "some of the members got lucky with strikes and spares. It got exciting watching them bowl. Fun was had by all". Mike E recounted that " I had a good

time bowling. I bowled a 70 game". "My name is Ray M. I like bowling. My highest game was a 249!" We also enjoyed some tasty food but it was kind of expensive. It was near the dinner hour so we splurged. We liked the fries, hamburgers, and pizza. It was a fun early evening outing. We all decided we wanted to bowl again in the near future and it is something to look forward to.



## Daniel Arnold at Tri-county CIT by Daniel Arnold AKA Guy Smilie

I like to be weird, the one who stands out impacting a crowd. For five days I dressed like Lansing Police Department, FBI, Ingham County Sheriff's Office, United States Marshals Service, and Michigan State Police in the midst of my public safety heroes.

The most compelling moment was sharing my trauma with a Lansing Fire Department public servant. I told him how I support the police but I'm offish towards paramedics. He came over and sat by me in the back of the classroom.

I became entirely tense. I had trouble looking at him. He wanted to hear my story. I walked to the hallway and bawled my eyes out like I'm crying now as I write you. I went back to my seat, but lost control again racing to the bathroom.

He invited me to sit up front with him. I joined him for the rest of the Tri-County CIT. We are all here to better learn to accommodate mental illness in emergencies. Everything slowed down for 40 hours of training. Some moments seemed accelerated and urgent as they were real life scenarios. Breathe... Slow it down: "Distance + Time= Precision." This is about de-escalation.

Every person in the room was involved in first-response this first day except a NAMI Lansing volunteer setting the scene with background details and the presenters. Love and rawness in the room. I have told you that I am a MoP—A member of the public. A conscientious citizen backing the blue. This past week "MoP" took on a new meaning in the midst of heroes: Mental Operative. Police go into street situations undercover to catch the bad guys totally immersed in a world different than them.

I went into this amazing world of first-responders as a mental health consumer blending in—clean cut, black shoes and black pants (tan tactical pants on FBI Tuesday). A different law enforcement polo every day with my best level of integrity represented, intermixing with a culture I so admire.

An "Undercover" consumer, but telling my story and connecting too with experts in the field of diverse accommodation. The stuff dreams are made of.

When I received my CIT pin and certificate once again I bawled my eyes out. I am honored to be a Charter House Clubhouse Member fully present at the incredible training!



**Daniel posing with his CIT certificate**

***"The most compelling moment was sharing my trauma with Lansing Fire Department..."***



**Daniel's Tri-County CIT pin**



## Congratulations Anthony!

Its with great excitement to announce that Anthony moved into his very own apartment. Anthony has been working on getting into a place for several months and the hard work has paid off. There was points where he felt like he wasn't going to find a place but after patiently waiting was able to get into the location he wanted. Anthony explained he

is still learning the area but will get out for walks to get acclimated to the location. Anthony said that it didn't take long to get unpacked and moved in with the help of Charter House.

## Evelyn S. recovery story

My name is Evelyn. I grew up in Portland, MI, on our family farm. I was the fourth youngest in my family of 10 siblings. I work on the combine bailing wheat and oats. I also learned how to work hard on the farm. I struggled in school, but enjoyed life on the farm and hanging out with my best friend Connie. My sisters are very special to me Pat, Rita, and Marlyn.

I have participated in community mental health programs since I was around 30 years old. During my life I struggled

with depression and learning disabilities. I also have had many falls because of balance issues. I've had a lot of injuries, surgery, and have had to deal with pain.

Work has always helped me to keep going. Attending church regularly was also helpful. My close friendships with Connie and Marie have brought me a lot of joy.

I first came to Charter House when I was 79 years old. I have been a member for about a year. I love it here. Being able to work here has been tremendous. It has helped my physical health and helped me keep my mind and body

strong. Without work, I may have ended up being in a wheelchair. I appreciate the staff here very much. I feel at home when I'm at Charter House. I am content with my life. I enjoy my home and my new second home.



## Madame Web Review by James R.

The movie was a smash hit. Everyone that went said they enjoyed the Movie. I sat by Diane and George in the movie theater. Every so often George would whisper what he thought was going to happen next in the movie. He was right most of the time. The Bad guy had powers like

spider man, and the good girl in the movie could predict the future. In the beginning the three girls, that didn't have their powers yet, were in a diner. The evil spider man killed them all with his quick speed. The fourth girl that could see the future changed the outcome and saved the

three girls. Madame Web the lady that could predict the future ran into the evil spider man with a truck. The four girls all got in the truck and got away. The evil spider man lived through being hit by a truck. The Hero could perform astral projection. Madame Web saved all three girls

from falling to their death. Madame Web used her astral projection and saved all three girls at the same time. The evil spider man fell to his death after failing to kill the three girls. The Movie over all was action and adventure and a really good time.



## Lansing Community Event for March



The Red Cedar Festival of Community Bands has been a highlight for adult community concert bands throughout Michigan. Since the inaugural concert on Saturday, February 24, 1996, over fifty different musical ensembles have combined to present hundreds of concerts for the public's entertainment and the musicians' educational enrichment. **Presented By: Meridian Community Band Dates: March 9, 2024 Time: 9:30 AM to 6:00 PM**



South Lansing Winter Artisan Farmers Markets feature 60+ local vendors selling a wide variety of Michigan food products, original art pieces, holiday and home decor, jewelry, pottery, wood and metalwork, knit/crocheted and sewn/quilted items, natural soaps, candles, herbal body products, stationary, and more! March 2nd 10am-3pm. 5815 Wise Rd Lansing.



Ever wanted to get into the art of painting miniatures for games such as D&D, Lord of the Rings, Board Games and more? Well Hoplite games has just the opportunity for you! Every Thursday at 6pm-8pm come in and paint with fellow enthusiasts. Bring your own minis or get a free one from a selection provided by the store and their publisher partners in paint. No need to bring any brushes or other supplies we have that covered as well. So come on join us and let's all have fun watching paint dry!! 2024 East Michigan Ave.



St. Patrick Day activities:

Grand Ledge Parade: March 16th downtown Bridge St. 2PM



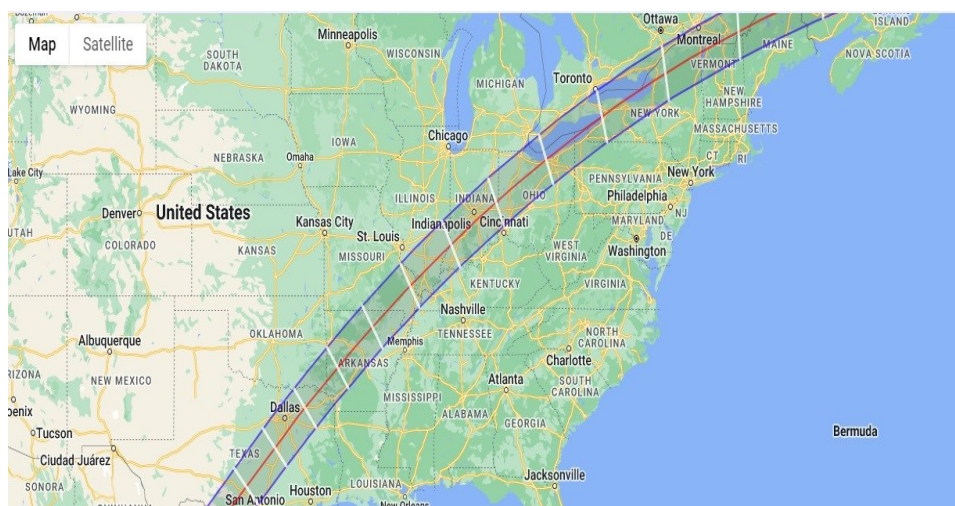
## 2024 solar eclipse

On April 8th many parts of the US will be able to view a total solar eclipse. Unfortunately here in Michigan we will not be in the path of a total solar eclipse coming up from Texas and making its way North East towards Maine (see below). With a total solar eclipse the moon is positioned where it's the same exact size in the sky as the sun and perfectly covers the sun. When this happens an observer will be able to wit-

ness its corona which is the sun's outer most part of its atmosphere (right). During March Abrams Planetarium will be offering a public show on total solar eclipses called Totality it will run every Fri/Sat at 8pm and Sundays at 4pm. This public show is free with Museums For All (with valid EBT, medicaid, or WIC card and photo ID). Over 1200 museums across the country participate in museums for all. This discounted or free price



can also be applied up to 4 other people per card. This is a great way to learn more about eclipses or other museums in Michigan who participate in museums for all. The next eclipse won't happen in the US for another couple decades.

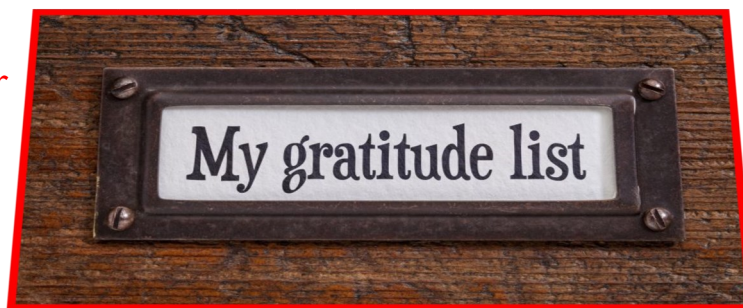


## 5 Eclipse Facts:

1. Solar eclipses happen during new moons but not every new moon. Due to the moon's orbit it is tilted 5 degrees which makes eclipses less often.
2. Depending on where you view the solar eclipse the maximum length it lasts is 4 mins 28 seconds for 2024. There are situations that it can last for 7 mins 32 seconds which are rare. In June of 1973 it reached 7 mins 4 seconds.
3. The sun is 400x larger than the moon but also 400x farther away which allows us to have solar eclipses.
4. Nature will notice as the eclipse happens. Birds will begin to roost as it gets dark and a temperature drop of 10 to 15 degrees will happen.
5. You'll be able to see the stars on the backdrop of a normally daytime sky. Crickets will begin to chirp and other nocturnal insects will make themselves known.



Thank you Rita for making the clubhouse Sparkle!



I'm grateful for Sean's executing skills in the kitchen

I'm Grateful that Karen F. joined the Charter House community.

I am grateful for being a Lutheran and having Charter House for a reprieve from my group home.

Denice thank you for getting us cute and organized.

Thank you Dan R. for all of the extra stuff you do for staff and members.

Thank you Maurice, Julia and Mike P. for keeping our snack shop going.

Thank you Erika for showing Karen F. the ropes at Charter House. Great team work!

Erika, great job joining the crew. We are proud of you!

Shout out to Abbey and Dan for their work on the communications unit.

Congratulations Anthony on your new apartment.

Charter house is always a great place to meet new people and try new things.

I'm grateful for Eloise and all of the energy she brings to Charter house.

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

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## Charter House Journal

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

### February Birthdays:

Maurice 2/2

Marvin 2/3

Gloria 2/13

Sloane 2/13

Gary 2/21

### March Birthdays

Elsie 3/1

Matt 3/9

Ben 3/10

Gary P 3/12

Albert 3/15

Connor 3/23

