



Charter House Journal

March/April 2025 Edition

Coordinator's Corner: By George Hatter

As Charter House and Clubhouses in general are trying to be recognized as the go to model of recovery for people who have mental illness, we have to adapt to the times. One of the ways that Charter House is doing this is by being more active in putting content on our YouTube channel. We have a weekly video that drops every Monday that talks about upcoming activities, the lunch menu, the weather, and member spotlights. We also have a new section called member testimonials that are about a minute in length. Members talk about why they come to Charter House and why they like it so much. If you haven't had a chance to check us out, go to YouTube and look up Charter House Clubhouse or [youtube.com/](https://www.youtube.com/)

[@charterhouse78](https://www.youtube.com/@charterhouse78). Be sure to Subscribe and leave a like and comment.

We are also trying to be more active in posting on our Charter House Clubhouse Facebook page. Members are able to post articles there and you can find out some great information about what's going on at Charter House. You will also see links to the videos that we post on YouTube.

We are also updating our Newsletter format to try to condense and reduce the number of pages in our newsletter. We want to move away from putting out a quarterly newsletter to a monthly newsletter. We have received a lot of

love and positive response from our newsletters. We just want to make sure to release a new one more often.

We believe in the Clubhouse model and the great community that our members have here are Charter House. Call us to set up a tour, follow us on our social media platforms, and come see all the great things that we do here. I hope to see you soon.

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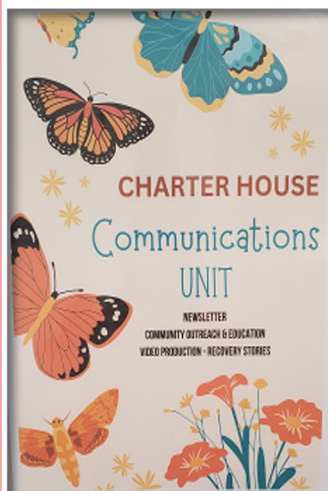
Employment Updates at Clubhouse

In employment news, we are officially full for our Crew positions for Transitional Employment. We have a group of 3 people who have been making strides in their employment history as well as their skills to encourage future employment. Currently we have James Rom., Jennifer J., and

Lyndall K. all as members of the crew. If you have questions about what transitional employment is, please talk to George Hatter or Marrison Swartz to get clarification. As a reminder Transitional Employment is 6-9 months in duration, and should be taken on with

benefits counseling to be fully informed on what the impact may or may not be for benefits received.

Penthouse News/Unit News:



You may have already heard but there has been some changes to the staffing on each level. The penthouse now includes Sean and Marrissa. 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 3rd 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.

ULU News

Charter House will be implementing a new Flourish program. The timeline is still in the works but this will be focused on the ULU to ensure efficiency.

The ULU will now include Dan and Sandra on the unit for staff.

LLU News

Lower Level Unit will be starting to work out the training process for members in the kitchen. This will ensure that members are correctly trained in food safety, cross contamination etc. for completing tasks in the kitchen. Josh, Denice and Abbey (Floating) will be on the LLU.

Member Highlights

We have some amazing members who have gone above and beyond to make sure tasks get done, and who are willing to help with anything asked of them!

Here are a few!

Zach Dormer- "He is a rockstar!"- Sandra Y

Ray Bowen- "He is so helpful, and has been coming in more. We love that!"- Abbey W

Lexy King- "She's always willing to help in the kitchen."- Josh K.

Thank you to all our amazing members for

helping keep our clubhouse running! We are so grateful to get to experience the family that Charter House is!

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 1st 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. It's a great way to be an advocate for your self and friends. There are some members at Charter House who already

have experience in the Consumer Advisory Council, if you'd like to know more ask one of the staff who might be the people to talk to.

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.

The Advisory Board for Charter House by Diane M.

The reason I joined Charter House Advisory Board was because I wanted to know more about what was going on around Charter House. I talked with the staff and they believed this would be a good way to learn more about what is happening and why. On January 17, 2025 was the first

time I started on my new adventure. I hope that other people will take the change and try it. It may be fun and you might find out you can blend it and make friends.



State of Wellness at Charter House: by Josh Kessler

There are a lot of positive things going on with Wellness at Charter House. The foundation of our Clubhouse Wellness is outlined in this article. **Wellness through Nutrition and Comfort Foods** ~**Breakfast** is now available every morning Monday-Friday.

J
~Hot **Cocoa** and **coffee** are available daily to warm and cheer you up.
~The availability of **Free Fruit** at Charter House was

first advocated for by beloved Member Clark W. Sadly, we lost Clark in 2023, but we are grateful for him and his contributions to Charter House. Thanks to Clark, we now have free fruit available as a healthy snack to members on a daily basis.

~Long time member CF pushed for a program we now call "**Free Food Friday**". Thanks to CF's consideration of others we now offer Free Food on Fridays consisting of leftovers from the week's lunches, as well as any donations

we may have received from Community Partners such as Northwest Initiative. We have had a ton of leftovers as of recently, to the point that we are considering having Free Food on Thursday's and Friday's. This change would make this program available to more of our members.

~We have added **side salads** to the lunch menu on most days as a healthy option.
~In wellness it is important to indulge in comfort foods on

occasion and in moderation. On Monday's we have **Baking Group** in which we make comfort foods, often sweets, to satisfy that need. During this time, colleagues work together to make baked goods to share with the group.

Daily Wellness Activities
~**Meditation Group** continues to thrive due to its popularity among members. Meditation is daily at 3pm in the Conference Room. Meditation has been a part of Charter since at least 2016, and was brought to fruition and led by Aaron Thompson (The Guru) until he transferred to a different program within the agency. During the COVID pandemic, former employee Kim M., Josh K., Marvin J., Ryan S. and others continued daily Meditation Group via Teleconference while we were unable to do it in person.

~**Chair Yoga or Qi Gong** group occurs daily after meditation given there are members that are interested in participating. These exercises include gentle stretching while focusing on breathing and gentle movement of the body. We have had members request that we incorporate chair exercise into our daily schedule. We will continue to brainstorm ideas and do our best to meet member needs in exercise and other areas of wellness.

~**Walking Group** is every day at 12:30pm weather permitting.

~The **Exercise Room** is filled with workout equipment and is available throughout the day, with a scheduled workout hour from 3-4pm. Many of our colleagues take advantage of this resource in striving towards their personal fitness goals.

Wellness Education

~**Wellness Coaching** is available to all members. Wellness coaching allows you to build on personal strengths in an effort to accom-

plish a physical health goal. The format is 1 on 1. Please talk to Josh if you are interested in learning more about Wellness Coaching.

~We have an upcoming Class on **Building Financial Wellness**. Preet G., Sandra Y. and Josh K. are currently working on this initiative to have available to members in the near future. We are leaning towards having this group on Tuesday Afternoons. It is a six week course, requires commitment, and can help you with your financial goals. Please let Sandra or Josh know if you are interested in being involved in this course.

~**CMH Dietician** Charissa S. is coming out Wednesday, March 19th at 2pm to discuss Heart Health including Cholesterol, Fiber, and Vitamin and Mineral Supplements. Please mark your calendar if you are interested in this discussion.

Activities/Activity Dates In the coming months

March Activities:

March 6, 2025; 4-6pm– Out to Eat Group with Victoria & Marrisona

March 8, 2025; 10am-2pm– Mooveille with Sandra & Sean (Please bring 5-10\$ for this activity)

March 12, 2025; 4-6pm– Spa Day at Charter House with Sandra & Denice

March 17, 2025; 4-6pm– St. Patricks Day with Josh & Sean

March 26, 2025; 4-6pm– Karaoke at Charter House with Abbey & Marrisona

April Activities (To be determined at a later time)

April 4, 2025; 4-6pm– Out to eat Group with Denice & Dan

April 9, 2025; 4-6pm– with Sean & Marrisona

April 17, 2025; 4-6pm– with Sandra & Victoria

April 23, 2025; 4-6pm– with George & Sandra

**** Please note that some staffing changes may occur that may change the staff who are on the activity. Please see sign up sheets in the main Charter House hallway for updated information as needed.****

**** Also note that there will have to be at least 4 people signed up to hold an activity. Be mindful that some activities may have limits to the amount of people due to transportation concerns. ****

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

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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.

March Birthdays:

Elsie H 3/1
Matt B 3/9
Ben W 3/10
Matthew J 3/12
Jennifer J 3/14
Albert R 3/15
Connor O 3/23

April Birthdays

Shelly F 4/1
Joel S 4/2
Rebekah P 4/5
Kenneth W 4/9
Brett C 4/11
Mike K 4/21
Erika A 4/21
Stephen R 4/24
Mark R 4/25
Evelyn S 4/26
Kathleen A 4/27
Richard P 4/27
Donatus F-B 4/27

