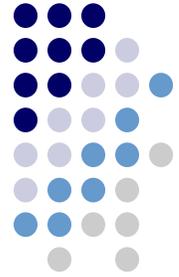


# Charter House Journal



## Coordinator's Corner - *Stephanie Tighe*

Happy Holidays to all of you! Here at Charter House we have lots of fun in December. We go out to eat and have parties. This year we will be open on Christmas Day and will have a "Bacon Brunch". We all love bacon and it seemed like a good day for it! Be sure to check out the activity calendar for all the happenings this month!

Be sure to check out Clarks article on our trip to Missouri. Wow, it was amazing, we learned so much. It was so helpful to see how everything can

flow together. I feel much more equipped to lead Charter House.

It was lovely to see so many folks at our Thanksgiving Dinner. Of course it is always good to have our community friends with us and our favorite administrators, Bob Sheehan, Maureen Moloney, Al Platt and Rob Davis. But it was especially nice to see those of you who used to be active members. We love it when you drop in to say hi!

It is official, our Advisory

Board will have its first meeting on January 28th. We are so looking forward to working together to building a Charter House that members will love even more that they love it now!

Thank You to all of the staff and members who are working together to make a better Charter House program. I know that we can improve our program in ways that the members will love!

## Power Day - *Carrie Moffet & Julia Cusick*

Power day was a fabulous event down by the capitol, Lansing MI. The event started at 11:30 then went to 2:30. I met Jane Aldrich. Julia met Joan Bauer. We parked by them sitting in front of the capitol. The people we met gave us a good support system. We learned a lot from the speakers

about Mental Health in the governmental system. We had lunch. I, Carrie got filmed by the capitol news reporters as a member of Charter House who works as a TEP for ACT and still volunteers for Charter House. They asked me questions about Charter House and ACT. We had a great time!

We wish you could have been there!

Volume 4, Issue 6

December 2012

### Special points of interest:

- ICCD Training
- Charter House Chili Recipe

### Inside this issue:

Independence Center	2
Zoo Day	2
Advocacy	2
Employment	3
Thanksgiving Luncheon	3
Recipes	4
Word Search	5



## ICCD Training In Missouri - Clark Williams

Last October (10/21-11/8) a group of us (Lucia, Stephanie and myself) went to St. Louis, Mo. To Independence Center for ICCD (International Center for Clubhouse Development) training. We took this trip because ICCD accredited Clubhouses have better outcomes for their members such as less hospitalizations, fewer arrests and the members report feeling better about their lives.

Independence Center is the 2nd largest clubhouse in the world. They have an average daily attendance of 250 persons and serve about 120 lunches a day. They also sell breakfast and dinner.

The trip was quite intense but we still had fun. We had daily meetings and had to prepare for them by reading 4-6 articles every night, it was a LOT of reading and some evenings we had study sessions. On the weekends we had fun. We visited Merrimac Caverns which are spectacular and enormous. We visited the Arch and other landmarks of St. Louis.

We learned a lot of different things and we will be working hard to use what we learned. We learned about the importance of building relationships between members and staff. One of the projects we worked on was to develop an Action Plan for improving our Clubhouse. We are sharing the Action Plan with our members in the hopes of achieving consensus on them.

There were also other clubhouses at the training including Opportunity Center from Bay City, Mi. Two clubhouses were from Maine and the other was from Austin, Texas. There were 12 of us there for training and when the administrators joined us for the last week there were 17 of us (Al Platt was our administrator).

It was an amazing experience that we are glad we had.

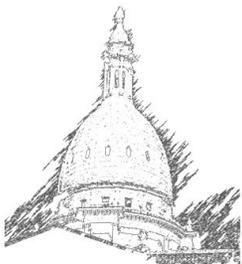


## CMH Annual Zoo Event - Ruth Peters

On Saturday, Nov. 17th several of us from Charter House attended CMH's annual Zoo Event. I enjoyed meeting all the animals like lions, tigers, monkeys and polar bears. My favorite was the monkeys. I like how cute they are in the face and have long tails. I also liked that there was a no smoking policy at the zoo. We walked around the whole zoo. We had cookies and hot chocolate for a snack. They also were handing out hat and gloves to all the people that came. They also had face painting and other things to do.

## Advocacy News

In the recent election Andy Schor was elected to replace Joan Bauer as the representative for our district at Charter House. Representative Bauer was hoping that he would be elected. Nicole and Stephanie sent him an invitation to the Thanksgiving Dinner but it went out quite late. We are making plans to contact him once he takes office in January and are looking forward to working with him.



## Employment - Bill Zimmer

*"As a right of membership, clubhouses provide members with opportunities to return to paid employment in integrated work settings through transitional employment.."*

Taken from the ICCD Clubhouse Manual:

*"Employment is a basic component of every clubhouse. In addition to the work ordered day of clubhouse operations, employment programs offer members the opportunity to work in part time jobs at a place of business for pay. These are referred to as "Transitional Employment Placements" or "TEP's". "*

*"Transitional employment placements are at the employer's place of business, are part time, and include a lot of on the job and off – site support from clubhouse staff and other members."*

Peggy who has been a long time member of Charter House, currently works 8 hours per week in a "TEP" at the records room of the Community Mental Health Board. She sorts types and files. Peggy also has training in data entry, which she gained from her experiences working in the clerical unit of Charter House. Her participation in the work ordered day of the clubhouse gave her many of the skills she needs in her current placement. Peggy states that she is coming to the end of her 9 months in this position, and is looking forward to working with staff to find an independent job in the community. She states that her current on-site supervisor told her that she would love her to stay, and so Peggy is looking into independent, part time clerical work with

*"I enjoy keeping busy, and having the structure that a community job gives me."*

*Peggy, Charter House TE*

Community Mental Health.

There are currently 7 members working in TE positions, and they have 2,166 total hours thus far, and have earned \$16,515.00 since June of 2012.

The members currently in TEP's besides Peggy are; Albert, Arven, Carrie, Robert, Daniel, and Charlie. Congratulations to all of our members currently in TEP's !



## Thanksgiving Luncheon - Lynn Lofton

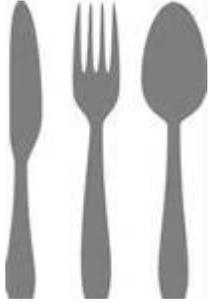
The Luncheon started at 11:00AM which was when the program started. Melinda put the shindig on as she put it. Staff and interns were introduced. Al Plat Stephanie's supervisor, Rob Davis, Maureen Moloney the director of adult Mental Health Services and Bob Sheehan

director of CSI were all there. Rep. Joan Bauer had to cancel due to a medical issue in her family. We had members sing and or did poems. I told my recovery story so did another member. The program was great.

Staff did all the cooking of the whole meal. We had eight

main meal choices and four sides. We had four pies to choose from. We had punch and coffee. I loved the food it is always a lot of food to eat and all very delicious. THANK YOU CHARTER HOUSE STAFF FOR OUR GREAT MEAL.





## Vineyard Grill - Kitchen Unit

Lots of happenings are taking place in the snack shop. A contingent of members and staff has visited some ICCD Accredited clubhouses, to learn how their kitchen units are designed.

Vineyard Grill plans on implementing some changes as a result of these visits. Vineyard Grill is looking to have open lunch purchase times,

where members and staff can purchase a lunch until the lunches are sold out, not within a restricted time frame. Vineyard Grill will shop accordingly, we will purchase enough food to allow for 30 lunches a day. Leftovers will be available the next day or possibly "to go" that night.

Certified Peer Support Specialist, Lucia V. is attending

SafeServ training to become certified to run a state licensed kitchen. The training will educate in ways to store food and reheating schedules and temperatures. SafeServ will teach ways to keep food safe and fresh.

## Charter House Chili Recipe



5 pounds	Ground Beef	<ol style="list-style-type: none"> <li>1. <i>Brown ground beef, drain. Place drained ground beef in large kettle/pot.</i></li> <li>2. <i>Open and drain kidney beans. Pour into pot with ground beef.</i></li> <li>3. <i>Open and tomato soup and tomato sauce. Pour into pot and add 2 small cans of water.</i></li> <li>4. <i>Add Spices: Oregano, Chili Powder, Garlic Powder, Cumin, and Pepper.</i></li> <li>5. <i>Peel and dice onions. Add to pot.</i></li> <li>6. <i>Allow pot of chili to cook on medium to medium-high to heat chili thoroughly before serving.</i></li> </ol>
64 oz	Kidney Beans	
100 oz	Tomato Soup	
25 oz	Campbell Tomato Soup	
2	Medium Onions	
¼ tsp	Oregano	
3.5 tbs	Chili Powder	
2.5 tbs	Garlic Powder	
0.5 tbs	Cumin	
1 tbs	Pepper	
Servings: 25		

## Easy Fudge Recipe - Christine Gonzales



4 tbs	Margarine	<ol style="list-style-type: none"> <li>1. <i>Combine butter or margarine, evaporated milk, sugar, and salt in a medium, heavy-duty saucepan.</i></li> <li>2. <i>Bring to a full rolling boil over medium heat, stirring constantly. Boil stirring constantly for 4 to 5 minutes.</i></li> <li>3. <i>Remove from heat. Stir in marshmallows, chocolate chips, nuts, and vanilla.</i></li> <li>4. <i>Stir vigorously for 1 minute or until marshmallows are melted.</i></li> <li>5. <i>Pour into a foiled-lined 13 x 9 inch cake pan.</i></li> <li>6. <i>Chill until firm.</i></li> </ol>
1 1/3 cup	Evaporated Milk	
3 cups	Granulated Sugar	
1/2 tsp	Salt	
8 oz	Mini Marshmallows	
18 oz	Semisweet Choc Chips	
2 tsp	Vanilla Extract	
1 1/2 cup	Pecans or Walnuts*	
*Optional		

## Word Search - Dealing With Stress

N K M M Q R G M N E R V O U S U Y A  
 F O D X A N X N E C Y Z G M T N Y N  
 E M I W T X O E I D J N V U R H N G  
 B X M T P R W I T K I W W S E A O R  
 F D E Y A A E E S H L C T I S P S Y  
 I A R R N X N A T N G A A C S P S S  
 R Y M X C S A A T N E L W T I Y E C  
 R T S I E I E L I M A T S H I I M P  
 I R U S L R S K E N E I S O G O W T  
 T E P A B Y L E O R R N T E R T N N  
 A A P N H A C I H T O H T E R E D F  
 B T O X T L T B A I E A A T M X O R  
 L M R I L A R I T R R D U E E L O I  
 E E T E U Z H A A T I V G J D A M E  
 I N S T Q C L P S N O A S Z A E M N  
 S T I Y Y E I C G X N Y R C T U O D  
 I S U S R S V C O A Y P O E P M P S  
 D D P W T T E V M L A N O I T O M E

ANGRY  
 ANXIETY  
 BREATHING  
 CRY  
 DAY TREATMENT  
 EMOTIONAL  
 EXERCISE  
 FAMILY  
 FRIENDS  
 IRRITABLE

MANAGEMENT  
 MEDICATION  
 MOOD  
 MUSIC  
 NERVOUS  
 PSYCHIATRIST  
 READING  
 RELATIONSHIPS  
 RELAXATION  
 SITUATIONAL

STRATEGIES  
 STRESS  
 SUPPORTS  
 TALKING  
 TENSE  
 TENSION  
 THERAPIST  
 TREATMENT TEAM  
 UNHAPPY  
 WALKING



# Charter House

*Where Everyone Has A Voice!*

606 W. Shiawassee  
Lansing, MI 48933

Phone: 517.371.2077  
E-mail: [charterhouse@acd.net](mailto:charterhouse@acd.net)  
Web Site: [www.charterhousemi.org](http://www.charterhousemi.org)

## We Need YOU!

Greetings Family Members and Friends of Charter House! We appreciate your support of Charter House and our members. This coming year we will be asking for your Time, Talent, or Treasure. We are working on some wonderful projects but need the help of our community.

**Time** – Currently we are looking for a couple of volunteers to help out with our annual Holiday Party on December 15th from 10:30 am until 1:30 PM. We always have a large crowd here and with only two staff it can be challenging. Also on Christmas day, if anyone is not busy, we will be having a brunch at Charter House and some fun activities and could use another couple of volunteers.

**Talent** – Publicity, We want to get the word out to other persons in our community who have a serious mental illness and may be interested in Charter House. Any help related to the creation of advertising materials would be welcome. We can use your expertise! ALSO, we are in the process of starting an Advisory Board. This is new to us and if you have expertise in this area or know someone who does and would be willing to donate their time it would be wonderful. We are also looking for Advisory Board members.

**Treasure** – Being a non-profit program we can always use funds but there are a couple of specific things we are raising money for. One of these is so members can attend the International Clubhouse Conference which is being held in St. Louis Missouri in October 2013. We have never attended it and while at the training we learned how important it is to participate in events with other clubhouses. This would be an event attended by some of our members and staff and will cost between \$2,000-3,000. We welcome all contributions and if you have any ideas about fundraisers I would love to learn about them. We have experience doing small fundraisers for the members, but nothing of this scale.

If you would like to stay in touch with us, we can keep you posted of upcoming events and you can read about what is happening at Charter House, you can visit us on the web, [www.charterhousemi.org](http://www.charterhousemi.org)!

## Artwork - Rebecca Kalla

