

SPECIAL POINTS OF INTEREST:

- Recovery Story (Lynn)
- Power Day
- 13th Annual Consumer Conference
- Genesis House Visit

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Charter House Journal

VOLUME 3 ISSUE 5

NOVEMBER 2012

Coordinators Corner

Autumn is my favorite time of year, the trees are so beautiful, apples are ripe and there is a chill in the air.

This Autumn is especially sweet because of two things . The first one is that we have a new staff member. Bill Zimmer. He is coming to help us with job development. We are looking forward to having more members working in the community!

The other sweet thing is that we are going to St. Louis, MO,

for Club House training. Clark, Lucia and I are leaving on 10/21 for a 3 week stay in St Louis. We will be meeting people from clubhouses in Maine, Texas, England, and Missouri. Gary L. went to a summer training and said that we will be very busy and that there is lots of information to learn. We will be back at the clubhouse on November 13th.

We are grateful to have three interns from the MSU School of Social Work. Kelly Fox is in the

MSW program, while Alison Thierbach and Amanda Freis are in the BSW program. It is wonderful to have this new fresh energy at the clubhouse.

We also have new members at the Club House. A warm welcome to Sharita, Larry C. and Susan!

I love to meet new people, and here at Charter House We Love New Members!

New Staff Member-Job Developer !

Interview of Bill Zimmer By Susan M.

We all welcome our newest member of our staff at Charter House, Bill Zimmer. He comes to us from CMH where he had worked since 1988. He is in the newly created position of Job Developer.

Bill was originally from the Detroit area, graduated from high school in 1974. He graduated from MSU with degrees in Multi Disciplinary Social Science and a Registered Social Worker. He is married to Wendy, Physical Therapist at Hayes Green Beach

Hospital in Charlotte. They share their home in Eaton Rapids with 3 boys, 3 dogs and 2 cats. When not working Bill enjoys bike riding, reading, playing guitar, walking his dogs, going out to eat or being at home and spending time with his family.

Bill knows first hand the struggles of mental illness. His mother suffers from Major Depressive Disorder with psychotic features, and his sister suffers from Bi-Polar Disorder. Both are in recovery.

Bill has wanted to work at Charter House since starting at

CMH. He likes the Recovery Model and working with people in the community. He likes helping people get to work and get their lives back. He will do this by matching vocational needs of members, with community work. Help facilitate people being able to obtain money and keep their support such as Social Security, Medicaid and food assistance. He will work with employers in the community to place people in employment positions. In his previous position he had referred people to Charter House and they have become members.

Job Experience

I, Carrie got a new job. I'm so excited for myself, doing maintenance work. I want my own cleaning cart, but I don't know how to stock it. I've been working since August and plan on working till Feb. 16th to finish all my cleaning and be on another job.

Working For Tomorrow Today!

Clerical

We have had a lot of changes in clerical. The sign up board has changed. We used to have AM and PM tasks, now we don't. We have brighter colored task sheets on our board. The tasks we do, have changed a lot, with more responsibility added.

I love clerical unit. I don't know anything about computers or how to an-

swer phones. Here I have learned the correct way to answer phones. On computers I have learned that I can do posters, make sign-up sheets and enter attendance.

A new thing in Clerical is that we have added the Advocacy Unit. Making them one unit.

Maintenance

M-Team Happenings

The Maintenance Unit is currently gearing up to provide several training sessions for the entire clubhouse. Jeramie and Robert are going to teach us proper first aide techniques. Arven is going to show us how to properly clean a window. Mike has volunteered to show us how to clean tables and chairs, John K. is going to train us on proper trash and recycling techniques. Albert and John will show

us how to stock a cleaning cart and Jeramie and Serra will show us what precautions to take when cleaning a bathroom.

We have recently trained 7 new members on the M-Team. We are continuing to make sure we are following the International Center for Clubhouse Development standards as we go about our work day. One of our Team

members,

John K. was asked to speak on his success with employment at the Year of Recovery event that is taking place on October 16th. John says, if anyone else is interested in finding work, they should consider contacting Michigan Rehabilitation Services for help.

"Charter House gives me a place to participate in an activity each day. Such as the computer or Telephone each day"
Melissa T.

Maintenance Interview



I interviewed Jeramie about the Maintenance Unit. He said “the Maintenance Unit is responsible for the general upkeep and cleaning of Charter House. Also for the management of the supply room ”.

He also commented on the location of the Maintenance Unit “being on the 2nd floor of the buildings west wing”. I asked Jeramie what his favorite task might be, and he replied “Team work” and “Working with others”!

By Carrie M.

Vineyard Grill--Table Talk

We continue to work on preparations of health meals, using fresh fruits and vegetables that are in season. We ask the members what they would like to have on the menu and use their suggestions to plan the meals for the next month.

When members participate in baking on Tuesday we serve it in Wednesday’s meal. We ask if any members have recipes that they enjoy, to bring them in so we can try them.

Our lunches cost a \$1.00 and don’t know of anywhere else that you can expect to get a hot, nutritious, meal for just a dollar.

By Lynn L.



Sounds From The Snack Shop

We have all kinds of items in the snack shop. From pizza to, ice cream sandwiches. From orange pop, to cheese and crackers. For the sweet tooth we have Pepper Mint Patties to, all kinds of Hershey’s chocolate candies. We want to let the members know, we are very thankful for the business we receive from you. We hope you are happy and satisfied with the items you purchase from us.

If you have any questions, Please contact the Snack Shop From 10am to 1:45pm Monday thru Friday.

Thank you for your business!

Thank You,

Snack Shop



Itch (Information Technology Of Charter House)

Classes will be starting soon. Sean is working hard, to develop the classes to help us learn the programs used in the operation of our clubhouse. Programs like Microsoft Word, Excel, Access and Publisher. Or even Expression Web 4 to update and maintain our web site. With website creation and maintenance there are many coding languages that are used in web sites. Depending on the function you are trying to accomplish. Here we are ready to learn new things.

With Word we will be able to create the documents required daily. Excel to

develop the Spread sheets needed, and eventually. Access to make the Data bases needed to enter and store the information. With learning Publisher we will be able to present information in a more professional like manner. We will also be learning Photo Shop, graphic design and photo editing software. There will also be classes on the use of cameras, graphic design, for our many projects involving images.

Basic computer skills are the foundation of our class. With learning basic skills we have the ability to teach others what we have learned.

One of the first things I learned about computers is that the only dumb question is the one that doesn't get asked. If we don't know the answer we can find the answer out, then you have helped us to learn too. So ask your questions.

ITCH unit will be working closely with all the other units. We will be teaching our members, many things involved with the functioning of our club house. Remember we are here to help each other, so don't worry about asking questions.

So please come and learn with us!

**I like to
volunteer my
services and
skills.**

Carol M

Club House - Fund Raising

Pumpkin Sale at CMH

We all worked as a team, starting by going to Felske's to buy the pumpkins. We carried them all to Charter House, then back to the truck to sell them. Vineyard Grill washed them all, to make them great looking to sell them.

I had a great time

selling. I went through Community Mental Health to tell everyone about our pumpkin sale. Like Bridges, Older Adults, room 215, the Pharmacy and the greeter in the front of the building. She emailed others to let them know. I fell in love with one of the pumpkins. I walked around with it while

I was telling everyone about our sale. So I bought it!

I had a great lunch. That was packed for us, by Vineyard Grill. The sale was a great success. We sold all the pumpkins and made a great profit of \$105.00. I think we should have another sale next year, with more small pumpkins. Because we were asked for more, after we sold out of them.

Lynn

Charter House Big Summer Trip 2012

This year's summer trip took us to Shipshewana, Indiana; which is Amish Country. We had some nice perks: as members of Charter House. Being in good standing for the trip, such as shopping money and our huge snack bags.

We were excited when our Dean Trailways Bus pulled into the parking lot and we couldn't wait do some shopping and sight-seeing.

The high lite of the trip was lunch in an Amish home. We had an old fashioned sit down meal and

pass the bowl please! The food was very, very good; especially the meat loaf and mashed potatoes.

Even better than the food, was the gracious hospitality of our Amish hosts. We left Amish Country with grateful memories.

By Nicole Wright

Membership Corner

Interview For New Members

Reporter Name: Charlie W.

Member being interviewed: Larry C.

Name you preferred to be called: Chili

Where are you from? Detroit, Michigan

Do you have any hobbies? If yes what are they? Weight Lifting

Do you have any pets? No

What kind of music do you like? Gospel

Do you have any children? If yes, please tell me about them. They are all grown, and live in Detroit.

What are your favorite TV programs? Horror

What do you like to do for fun? Exercise and Church

Do you like to travel? If yes, where are some of the places you have been? Jamaica, Bahamas, Chicago, and Florida.

What do you like about Charter House so far? Structure,

Family Oriented, Members and Staff.

Do you like to sing? Or dance? Or act? Or write? Or Paint? (poems, stories, ect)? Tell us about it? Sing



My Recovery Story—By Lynn L.

I started at Charter House in April of 2008. I was really shy. I didn't talk to anyone. I was really depressed and I didn't think what I had to say mattered. I doubted what I had to say or did was right. I had low self esteem from childhood on. I was told that I had a memory problem. Where I would take information in but couldn't pull info out. When I went to school learned, I had a learning disability, of not remembering anything.

Now I'm very outgoing. I remember a lot better now. I think of myself as a good person now. I like to talk to people

and be around them now. I retain what I learn better now I smile a lot now. I want to help others and be more outgoing.

It took about four years, to get where I'm at now. I started at Charter House Charter House and saw a consular. I just went through DBT class which was a year. That made a big difference I how I saw myself and how to deal with others. I learned how to leave my past in the past.

I hope to be a Peer Support Specialist, and not to be on medication anymore. Also not to have to go to Community Mental Health. I want to

advocate for others. That have problems, like I used to have. I know that I am not problem free, but I am working day by day. To make my life the best it can be.

Support Specialist, and not to be on medication anymore. Also not to have to go to Community Mental Health. I want to advocate for others. That have problems, like I used to have. I know that I am not problem free, but I am working day by day. To make my life the best it can be.

Power Day 2012

We gathered at the capitol once again to let our Legislators know how important continued funding for mental health issues is. By gathering there we put a face on the laws they are passing that affect us. We presented Lt. Governor Brian Calley with the Phyllis Levine Award for his work with legislation dealing with issues that affect us.

We also heard from our representative Joan Bauer on how she advocates for her constituent's. Also how important it is to be able to get to know, the people that she passes legislation

about. She thinks about our clubhouse when she sees legislation that might affect us and our funding. We need more representatives like Joan. We presented her with flowers and a card as a small token of our appreciation for all she has done for us.

These are some of our Club House Members

comments:

I loved it! They got everybody energized. I liked talking to people I don't normally get to see

I was very happy to see

Joan. She is a very delightful woman. She read the card in front of every who signed it. She was very happy to get the flowers and card, from us.

Yes, she liked it. Talking about recovery, songs from Nicole, Arven , poetry from Steve.

Power day was great. I thought the speakers were very inspirational. It was great to see Rep. Joan Bauer and to present her with flowers.

I Love Charter House Because ...

It is so much fun. Sometimes we have to buckle down and get to business. But we are always meeting new people to socialize with and laugh together. There is a time for business and a time for fun.

Ruth P

Friends and Family Picnic

Getting together with folks of your choice.

Smiling and laughing, while finding your voice.

Sharing a meal with folks you know,

outside in the summer time is the place to go.

With friends and family we share the day,

listening to what everyone has to say.

Hamburg's and hotdogs hot off the grill,

everyone here today eats their fill.

Fun and games are at the picnic everywhere,

we let each other know how much we care.

Carry this spirit with you each day,

it will light the path along the way.

With friends and family we each are blessed,

when we treat each other like a guest.

Poetry by: Steven B.

Horse Back Riding

I went horseback riding for free, with Jimho on September 28th. It was a lot of fun. I did not fall off. I was hurting the next day. There was three groups that went. We took a van.

By Stephanie Hubble

Nature Walk



We went with Jeramie to a park and we stopped by the Dollar store on the way back to the clubhouse. We went to McDonalds twice. Once for dinner and the second time, Jeramie treated all of us to ice cream.

We went to Granger park. I liked the hill we climbed, the colored trees and the swing set.

By Julie T.

Movement is the essence of life!

By, Walter Sorell

Movement is the essence of life, dance its ultimate expression. Life only lasts the very moment, of our awareness of it. And all that remains is, as in the dance. Is the memories we can retain of it.

Submitted by Steven B.

Flu shots are here!

I asked the nurse "Pam" up in ACT "What's going on?...". She said "We're giving FLU shots out on Nov. 1st from 10am-2pm to ACT consumers and staff at ACT Program". It's on a Thursday, November 1, 2012. Again, the time is 10am till 2pm. You

must have Medicare, Medicaid or Private insurance. Charter House Members and staff are included. Please let ACT staff know if you wish to have a FLU shot. Sign up or see a nurse!

By Carrie M.



Questions from the Summer | Trip Shipshewana | 2012

And what the members said!

Reported by : Serra lee L.

Can you tell us what you did on the summer trip?

Walked around window shopping, ate in an Amish meal, visited Cheese Factory, went to a Pop Corn Factory, Buggy Ride, visit sewing shop with quilting and materials, people watching, browsed videos, pet the horses, taking pictures, bought a yo-yo, bought a purse, fudge, ate at McDonalds, got a goody bag , listened to our tour guide (Ken).

What was the best part of trip?

Sharing a good meal, spending time with friends, shopping for fudge, buggy ride & horse, cheese factory, popcorn shop, enjoyed tours, getting away from things for a while.

Was the transportation to and from Shipshewana OK?

Yes, it was nice. The driver was friendly. I had a lot of fun and set next to Charlie. It was Excellent, very comfortable, liked setting next to Carol and it was fantastic.

Did you go on the buggy ride?

Yes, it was my favorite part of the trip, I had fun on it, no maybe next year. Yes and I didn't like it.

What was your favorite part of the trip?

Getting away, eating at Mc Donalds, seeing and buying the different types of cheeses. Horse & buggy ride, petting & watching the horses, candy, the food, the Amish dinner, where we heard the German and English prayer.

The bus ride to and from Indiana, everyone having fun, reciting poetry, and Nicole (Charter House Song Bird's) song.

Were the movies all right?

They were fine, I tried watching them and I liked them, yes they were good, I didn't like them much, they were alright, no I did not watch them, I didn't like one of the movies, one was hard to get into, I liked one better than the other.

Do you have any dislikes about the trip?

Nothing, the buggy ride, the movies, I disliked one of the movies, I had a sore foot, I fell down.

Would you like to add anything else about your experience?

It was a good experience, it was enjoyable, the weather was nice, it was one of my favorite trips ever, I loved the ice cream and fudge, my yo-yo and the clothing stores, adventure and taking pictures, the last buggy ride I had was different, it made me feel welcomed, really enjoyed planning the trip, I liked watching the horse and buggy, I enjoyed buddying up with Kelly, I had a lot of fun and enjoyed the shopping.

Any suggestions for next year?

Go on the trip again, go somewhere we haven't been, go to Michigan Adventure, Mackinaw Bridge, Sea World in Ohio, go to Frankenmuth, I'd love to go next year on Wednesday to attend the flea market, I'd like to go but not next year.

We get to meet new friends. We get to learn new skills. We get to go to activities. We get something to do each day, instead of sitting home being depressed.

MJM

The 13th Annual Consumer Conference By Nicole W.

Gary L., Mike E., Stephanie T., and I attended the consumer conference held at the Kellogg Center. We were greeted as we arrived by our very own Maureen Moloney. It was nice to see someone I knew, since I was a little nervous.

The theme of the conference was "It's your life \ Live It!" The focus was on Recovery, Health, and Growth.

One of the workshops I attended talked about the Eight Dimensions of Wellness; Devel-

oped by SAMHSA's Wellness Initiative.

Our keynote speaker was Stephen G. Propst. Who talked about the power of the person.

He stated: *P*erspective
*E*mployment
*R*eality
*S*elf
*O*pportunity
*N*eeds

All in all the Consumer Conference was great and well attended. I felt engaged and empowered.

I am grateful to the Michigan Department of Community Health and all the presenters for the annual conference.

My hope is to attend the conference in 2013!

Our Favorite Recipe-By Julia C

Tomato-Cucumber Salad

- 1 pint-Grape Tomatoes (halved)
- 2 Medium-Cucumbers, peeled and cut into ½ cubes
- ¼ cup Feta Cheese, Crumbled
- 2 Tbsp. Fresh Basil, coarsely chopped

2 Tbsp. fresh Lemon Juice

1 Tbsp. Olive Oil

Salt and Pepper to Taste

In a large bowl, gently toss together the tomatoes, cucumber, feta and basil.

In a small bowl, whisk together

the lemon juice, olive oil, salt and pepper.

Drizzle the vinaigrette over the salad; toss to coat.

Refrigerate any left overs.

"I love Charter House because , this is my family away from home. We are all family. I have friends here, I like to work, but I need to do more. I like to pick my tasks."
 Serra Lee L.

Halloween Party 2012



MENUS

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Monday	Tuesday	Wednesday	Thursday	Friday
			1 Quiche Side Item	2 Sweet N Sour Meatballs Rice Egg Roll
5 Cheeseburgers Fries	6 Sloppy Joes Chips	7 Breaded Fish Fillets Coleslaw	8 Tuna Melt Side Item	9 Chili Cornbread
12 Closed	13 Grilled Cheese Tomato Soup	14 Spaghetti w/ meatballs Garlic Bread	15 Fish Sticks Fries	16 Meatloaf Green Bean Cas- serole
19 Dominos	20 Subs Chips	21 THANKSGIVING LUNCHEON	22 THANKSGIVING	23 Kitchen Closed
26 Breaded Shrimp California Blend Veggies	27 Hamburgers Sweet Potato Fries	28 Lasagna Salad or Fruit	29 Turkey & Cheese Sandwich Side Item	30 Egg Salad Sand- wich Lime Jell-O w/ Carrots

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Monday	Tuesday	Wednesday	Thursday	Friday
3 BBQ Chicken Breast Rice Pilaf	4 Scalloped Potato w/ Ham Whole Wheat Roll	5 Tuna Melt Veggie or Fruit	6 BBQ Pork Sand- wich Coleslaw	7 Hot Dogs Chips Cookie
10 Quiche Side Salad	11 Chef Salad Whole Wheat Roll	12 Meatloaf Green Beans Biscuit	13 Rueben Jell-O	14 Personal Pizza Side Item
17 Roast Veggies Whole Wheat Roll	18 Grilled Ham & Cheese Side Item	19 Taco Salad Bread Stick	20 Turkey Sub Chips	21 Chili Cornbread
24 Kitchen Closed	25 Kitchen Closed	26 Drummies Mashed Potatoes Corn	27 Chop Suey Rice Egg Roll	28 Tuna Noodle Casserole Whole Wheat Roll
31 Kitchen Closed				

Charter House

Where Everyone Has A Voice

606 W. Shiawassee St.

Lansing, MI 48933

Phone: 517.371.2077

E-mail: charterhouse@acd.net

Website: charterhouseemi.org

What purpose does Charter House serve in its members lives?

It is a place where its members gather to develop job skills (we maintain our clubhouse), learn how to socialize with each other, how to become involved in our community, how to advocate for ourselves and others, to learn how to best take care of ourselves and function to the best of our abilities within our communities.

By Steven B.

Charter House Visits Genesis House

On November 1st a contingency of 4 Charter House members visited Genesis House, in Fowlerville. We learned about the various aspects of clubhouse day-to-day operations, as well as job development. Genesis House has a strong emphasis on employment and much of the work ordered day at the clubhouse is geared towards developing skills for working in the community. Genesis House Director, Lee Kellogg, strongly believes that this is the most significant way to make a long term difference in the member's lives. He states, "Research shows that people who work have better physical health, better mental health, report improved quality of life, have increased self esteem, more social contacts, and less incidences of substance abuse, suicide, and depression."

As part of the visit, I had an opportunity to visit two external transitional employment placements, at Asahi Kasei Plastics and Centurion

Medical Labeling company. Bobbie Mazurek, TE supervisor at Asahi Kasei, was adamant that the placement of a 20 hour per week position in their company has been a positive thing for the company as well as the member-employee. At a recent employer recognition event, she stated,

"Genesis House has been such a value added resource to us. We get to know them. We get connected with them."

I am looking forward to identifying these types of relationships, and working hard to develop community placements for our clubhouse. These efforts will be part of a wider spectrum of change which will align with our upcoming ICCD accreditation.

The Charter House group, visiting Genesis House, consisted of: Sean, Lynn, Amanda, and myself, Bill Zimmer, Charter House Job Developer.



"Visiting Genesis House has been one of the most enriching opportunities since becoming an intern at Charter House. I had the chance to work with various members and learn new tasks that differ from some of the duties at my field placement. Overall, I enjoyed touring and learning about Genesis House and think that it has positive ideas to offer Charter House."

Amanda Freis, MSU BSW intern at Charter House