



Traverse House

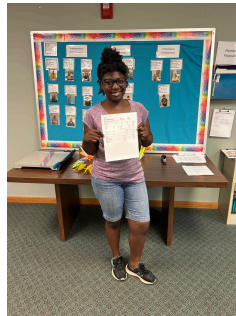


August 2025 Newsletter

Employment



PLATO'S
CLOSET



Congratulations to Manise B. who was selected for employment placement at Plato's Closet! Traverse House has been working toward development of this Transitional Employment opportunity for the past couple of months. Manise is now working 3 days each week and involved in many aspects of the store including; clothing rotation, organization, register, customer service, tagging and pricing. Manise has been doing a wonderful job- keep up the great work!

Member Spotlight



Jayna E. was invited to join a nation-wide Advisory Board Panel for Teva Pharmaceutical. Jack Yatsko with Clubhouse International heard Jayna's story about living with mental illness and Tardive Dyskinesia during the World Seminar in Florida. He was able to connect her with this opportunity to speak about her experiences alongside 5 others across America.

Jayna reports that it is very rewarding for her to educate healthcare professionals, and to be in the position to offer hope to others trying to manage their symptoms.

Community Awareness & Advocacy

Traverse Bay Sunrise
Rotary
Club



Traverse House Colleagues assisted Sunrise Rotary in assembling Backpacks for Kids! This project happens every year, as rotarians work to provide 1500 backpacks that are stocked with needed school supplies to local kiddos for the upcoming school year.

Walk a Mile in My Shoes



Traverse House is getting ready to travel to Lansing to the State Capitol for the Walk a Mile Rally in September. This year we will be spending time speaking with our local legislators about the importance of continued funding for mental health services and programs.

Culinary



July Statistics 2025

Number of times the
Pantry was utilized:
250

Number of Meals Served:
557

News from Northwest Michigan Food Coalition

Traverse House is now part of the Purchasing Committee! This branch of the Food Coalition spends time connecting and working with local farmers in Grand Traverse and Leelanau County to discuss and acquire donated crops. They also work together to find, discuss and apply for grants to continue supporting the farmers and donations to local pantries.



This month, Traverse House received beautiful apricots and delicious sweet corn.



Rose G's Enchilada Recipe

Ingredients:

Corn Shells
Cooking Oil
Hamburger Meat
Garlic, Cumin, Salt & Pepper
Hormel Chili w/o Beans
Colby Shredded Cheese
Onions



Directions:

Cook hamburger and onions on stovetop, drain grease, add spices to taste.

Heat cooking oil on stovetop, add corn shell to hot oil for 45 seconds, then turn and cook another 45 seconds. Remove from oil and let dry on paper towel.

Roll cheese, onions, and hamburger in corn shells, and place in a baking pan.

Heat beans with no chili in saucepan along with a small amount of water to thin. Then cover rolled enchiladas in pan with heated chili mixture. Cover with shredded cheese. Bake at 350 for 15-20 minutes until cheese is melted. Then serve!

Director's Corner

Staff Transitions and Hiring Committee

August was a month of transitions for Traverse House as we said goodbye to two of our staff members. Jake Z. concluded his 9 years of employment with Clubhouse August 1st. We also sadly said goodbye to Jaclyn D. who was employed at Clubhouse since December 2024. These changes are difficult for any Clubhouse, as staff and member relationships tend to be long term and the staff spend a great deal of time with colleagues each day.

With staffing changes, this does create an opportunity for members to be involved in the hiring of a new staff at Traverse House.

Standard#3. Members choose the way they utilize the Clubhouse, and the staff with whom they work.

Standard#20. Members have the opportunity to participate in all the work of the Clubhouse, including administration, research, enrollment and orientation, reach out, hiring, training and evaluation of staff, public relations, advocacy and evaluation of Clubhouse effectiveness.

In following the above standards, Traverse House has a hiring and staffing committee that guides our hiring process. Members review candidates resumes, schedule interviews, and spend time working alongside candidates in the Clubhouse. Members are also involved in the formal interview in conjunction with Human Resources. This committee provides a recommendation on who to hire to the general membership for consensus approval. This is a great opportunity for empowerment and choice within the operations of the Clubhouse.

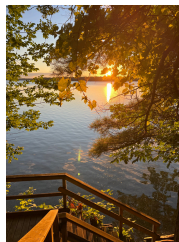
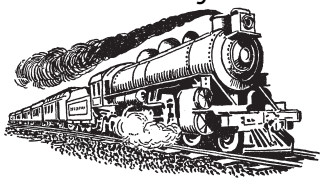
-Hannah D., Clubhouse Director



Connection (Member Socials)



Members enjoyed exploring the Old Engine Show in Buckley



The Annual Clubhouse Camping Trip took place at Interlochen State Park this year. We had 16 campers, 4 members who joined for the day, and Petoskey Club! Between setting up, tearing down, card games, rock hunting, swimming, smores, and bon fires- we laughed, we loved, we worked together!

Work Ordered Day



Ana A. & Aaron C. teamed up for grilling lunch.



Breakfast is served by Carrie R.



Michael L, Lizzy W, and Dave multi-task at reception.



Holly B, Kat P, and Mike P. assist with food rotation and stocking.



Jacquelynne R. works on bread rotation and cafe operation.



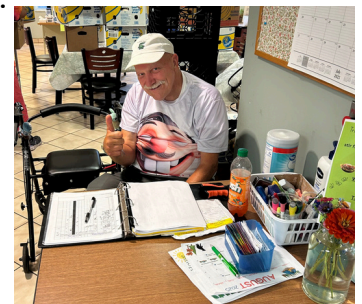
Steve Sol. keeps our entry way clean.



Rene G. works on cleaning the Clubhouse fan blades.



Nancy L, Edie S, and Michael L. work to complete noon notes, accounting, and answering phones.



Ready for lunch? Doug B. will sign you up!

Upcoming Activities

September Social Recreation

September 1st: Labor Day w/ Hannah 10am-2pm

September 13th: Self Care Saturday & Games
w/ Cheryl 10am-3pm

September 17th: Walk A Mile in My Shoes Event
Lansing

September 18th: Employment Symposium Lansing

September 24th: Thrift Store Shopping
w/ Holly 3pm-5pm

IMPORTANT REMINDER:

Self-Study Dates

September 10th: 1pm-4pm

September 23rd: 9am-12pm

Committee Meetings

September 2nd: Wellness @ 2:30pm

September 3rd: Newsletter @10:30am

September 4th: Website @ 2:00pm

September 8th: Rotary Born to Read
@ 8:30-10:30am

September 9th: Community Awareness
@ 10:30am

September 11th: Food Coalition @ 9:00am

September 18th: Education @ 11:00am

September 23rd: Employment @2:00pm

Chris G. Poem

Visualize being in a presentation.
Empower yourself with a vision of
yourself being assertive, relaxed, and
confident.

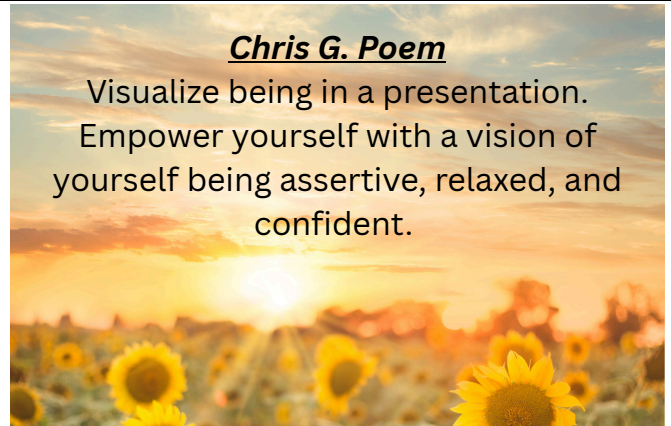
Wellness



"I wanted to focus on healthy activity and movement to work on weight management. It was great to work with Recycle-A Bicycle because they were gently used bikes for no cost. I look forward to practicing my bike riding skills this fall."
-Jacquelynn R.



If you are interested in obtaining a bike-please speak with Hannah or your NLCMH worker to fill out the referral form.



Comic By:
Betsy Z.
Using humor to overcome challenges can be a useful coping strategy.

Phone: 231.922.2060

Email: trahse06@yahoo.com

Facebook: Traverse House Clubhouse

Web: www.traversehouse.org

CMH Crisis Line: 800-422-7315 or
833-295-0616 or 911

Suicide Talk Line: 800-SUICIDE or
800-273 TALK or 988