



# Traverse House

February 2026 Newsletter



## New in Clerical

Each year, Clubhouse Michigan organizes a New Colleague Development Training for staff and club members who have been at clubhouse for less than a year.

This is an opportunity for staff and members to travel to other clubhouses and learn more about how clubhouses operate and create action plans to then bring back to their home club in order to improve on specific areas. This year, we will be sending our newest staff member, Chelsea, and club member Joe.



We have a new committee!! The Multimedia Committee is responsible for creating content and organizing media to advertise clubhouse, update our website, and post on social media. The goal of this committee is to reach more members and spread more information about Traverse House to the community at large. With this, we have been learning about green screens and video editing!

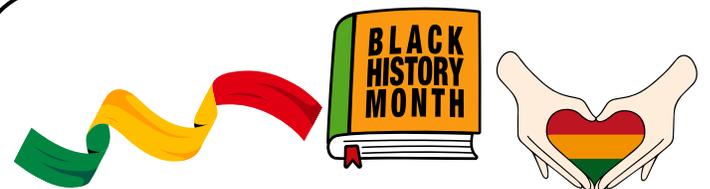
## Social Recreation



Members and Hanah had a blast at Great Wolf Lodge! What a way to beat the winter blues.



Members had a fun Valentine's Day party with some sweet treats, card making, and Valentine's themed trivia!



This year marks 100 years of Black History Month! We, at Traverse House, are proud to celebrate our Black members whose journeys reflect resilience, growth, and leadership.

# Wellness and Supports



**Clubhouse Standard #27.** Community support services are provided by members and staff of the Clubhouse. Community support activities are centered in the work unit structure of the Clubhouse. They include helping with entitlements, housing and advocacy, promoting healthy lifestyles, as well as assistance in accessing quality medical, psychological, pharmacological and substance abuse services in the community.



Traverse House assists with helping members access resources for physical wellness and medical appointments. Pictured Above: Lizzy W. and her new glasses!



Joe R. working on his wellness in the Clubhouse gym.



Sammy P. III has been trying losing weight and one way is working out with a weighted vest.



Aj G. has waited a long time, but finally received a new pair of hearing aids.



# Employment

**Clubhouse Standard #22.** The Clubhouse offers its own Transitional Employment program, which provides as a right of membership opportunities for members to work on job placements in the labor market.



Clubhouse supported Michael with his first steps toward placement with Plato's closet. A meet and greet with the manager, Jeff and orientation to the store space, as well as, assessing transportation needs.

Lizzy W. worked on the application for the Greeter position with NLCMH. Placement managers work side-by-side with the chosen member to complete all on-boarding needs.



During the month of February, Traverse House focused on employment and making choices about 3 new member job placements. Congratulations to Michael L. for being chosen to work as Sales Associate at Plato's Closet beginning in March!

Lizzy W. and Breana D. have been chosen to start as Greeter's at Northern Lakes Community Mental Health next month!

## Member Spotlight



Paige is one of our newest Clubhouse members who joined us in February. Paige enjoys baking, doing puzzles, and diamond art in her free time. She loves summertime and swimming, camping, and seeing the flowers bloom. Some of Paige's favorite things are the color purple, pizza, visiting Los Vegas and Mississippi, and her dog Butterscotch. Paige's favorite thing so far about clubhouse is the people here and the jobs we do each day. Welcome Paige to the Traverse House family!

## Directors Corner



Traverse House Clubhouse will be holding our **30 year Anniversary on Thursday May 21<sup>st</sup> from 11am-2pm** at the Clubhouse. We are hopeful to celebrate with the community, our partners, and all of our members. This event will entail food and beverage, member speakers sharing about their Clubhouse journey, and a marketplace with creations for sale.

Over the next two months, we will be planning the celebration and sending out invitations.

This is an open event for the whole community to celebrate 30 years of Traverse House Clubhouse. Feel free to invite friends and join us for a wonderful celebration!

-Hannah Driver, Traverse House Director

## Community Awareness

Right: NMCAA sponsors an annual event called "Super Saturday." This event has a showcase of community resources and workshops for people who may need assistance with financial education, community supports and well-being. Pictured: Rose, Lizzy, Joe, Justin, and Breana.



Building Community Resilience is a program sponsored by NLCMH. Members were able to attend this free gathering this month, where they were able to learn tips on protecting their electronics devices, discover ways to help manage seasonal depression, and had some light craft activities - as well as a free lunch!

# Culinary



Each month, members have the opportunity to join the Northwest Food Coalition meeting with Cheryl. The food coalition is an agency that supports local food pantries, and by being part of this group, Traverse House is better able to fill our member pantry with non-perishable and fresh food. This month, the Northwest food coalition was participating in an Immediate Needs grant to assist pantries fill their non-perishable items. In this grant, pantries applied for a \$1000 stipend to spend at any store for pantry items.

Because Traverse House always has members supporting staff in these meetings, we were awarded \$2000 for our pantry! There will be much work to do to help organize our pantry area and do the shopping to fill the member pantry with this grant.



## January Statistics 2026

Number of times the Pantry was utilized: 534

Number of Meals Served: 320

## Upcoming Activities

### March Social Recreation

- March 5th: Laundry & Walmart**
- March 6th: Bowling @ Incredible Mo's 3:30- 5:30pm**
- March 12th: Laundry**
- March 14th: Games & Karaoke 10-2 PM**
- March 17th: St. Patrick's Day**
- March 18th: Easter Crafts & Wreath Making 3:30- 5:30pm**
- March 19th: Laundry & Walmart**
- March 24th: Thrift Shopping 3:30- 5:30 PM**

### Committee Meetings

- March 3rd: Newsletter @ 10:30**
- March 4th: Purchasing @ 8:30**
- March 9th: Wellness @ 2**
- March 11th: Community Awareness @ 10:30**
- March 12th: Food Coalition @ 9**
- March 12th: Website @ 2**
- March 17th: Education @ 11**
- March 19th: Multimedia @ 2**
- March 24th: Employment @ 2**

### **Member Statistics:**

Active Members: 69  
Average Daily attendance: 24

### **Employment Statistics:**

Number of Members Employed: 23

**Phone:** 231.922.2060  
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**CMH Crisis Line:** 800-422-7315 or 833-295-0616 or 911  
**Suicide Talk Line:** 800-SUICIDE or 800-273 TALK or 988