

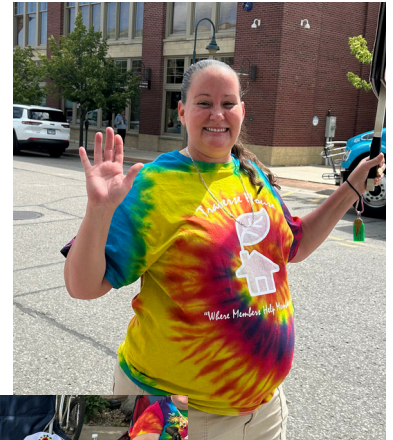
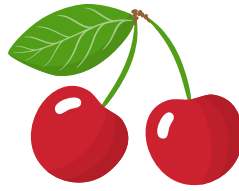


# Traverse House



July 2025 Newsletter

## Community Awareness & Advocacy



Breana D. worked on creating and selling friendship bracelets this year. All of the proceeds went to Traverse House- an additional \$120.00!!



We had another wonderful annual Cherry Festival Fundraiser! In partnership with Club Cadillac, we were able to raise **\$22,929** toward our membership fund! These raised dollars go into supporting housing, education, employment, wellness, social, and conferences for our Clubhouse Colleagues. This event is not only an opportunity to be visible in our community, but it also strengthens relationships and the importance of teamwork! Thank you to the members, staff and Clubhouse Advisory Board members for all your help.



## Member Spotlight

### Aaron C



#### How does Clubhouse help in your recovery?

It gives me a reason to get up in the morning,  
learn new skills and meet new people

#### Favorite thing(s) to do at Clubhouse?

Cooking, talking to people and my recovery

#### Favorite Hobbies: Cooking & Basketball

**What is something that is  
part of your future plans?** Be a chef

**Favorite time of year:** Summer

#### 1 random fact you would like for us to know:

I have bad joints

## Culinary



**June 2025**  
**248 Pantry**  
**561 Meals**



## Director's Corner



### Traverse House Reaccreditation

It's hard to believe, but Traverse House is up for our reaccreditation visit this year! Last week, colleagues and I worked on submitting our application to Clubhouse International, as well as, the payment. This week, we received a confirmation email that our application was received and we are ready for the next steps.

We will be organizing a few retreat days in September and October to work on the Self Study. These efforts work best when we have many members involved, so please do not hesitate to join during those retreat days!

For those that may not know what reaccreditation is; this is a process where Clubhouse International reviews our program and makes sure that we are adhering to all of the Clubhouse Standards. The self study is a list of questions we will answer about our Clubhouse work-ordered day, employment program, education program, wellness, housing, staffing, membership, and policies. We will also complete a Clubhouse Profile Questionnaire (CPQ) that is a list of questions about all of our statistics.

Once all of that information is submitted, a two person team will come to our Clubhouse to spend 2 days observing and reviewing Traverse House. On the third day, we will be given our preliminary report and feedback around our strengths and areas for improvement.

Mark your calendars for December 2025!!  
Your Director, Hannah D.



## Connection (Member Socials)



Everyone enjoyed the first beach day of the year right on Traverse Bay! Great fun in the sun!



What a great day to be social at Traverse House! Members enjoyed all different types of activities!



## Education

## Tranquil Slow Flow Yoga



“My favorite part of the class is that I feel better overall, even when not motivated.” ~ Lizzy W

“My favorite is that my body really appreciates the stretching” ~ Carrie R

“My favorite part is that my joints feel much more open and relaxed.”  
~Jayna E

“My favorite parts are the instructor and being in Savasana” ~Jackie R

**All ladies agreed that the hardest part is BALANCE**  
*(but they definitely are feeling and seeing the improvement!)*



## Upcoming Activities

**August 6th:** Beach Day @ 3:00-5:00pm  
(Rain date is August 7<sup>th</sup>)

**August 14<sup>th</sup>:** Old Engine Steamshow in  
Buckley @ 3:00-5:00pm

**August 22-24:** Camping at Interlochen

**Weekly events (weather permitting):** Trail Walks &  
Garage Sales (to be decided upon each Monday)

**\*\*Monthly Calendars available at Clubhouse!**

### Committee Meetings

**August 5<sup>th</sup>:** Wellness @ 10:30am

**August 6<sup>th</sup>:** Newsletter @ 10:30am

**August 7<sup>th</sup>:** Website @ 2:00pm

**August 12<sup>th</sup>:** Community Awareness  
@ 10:30am

**August 14<sup>th</sup>:** Food Coalition @  
9:00am

**August 19<sup>th</sup>:** Education @ 11:00am

**August 26<sup>th</sup>:** Employment @ 2:00pm

## Employment



Traverse House staff began training this month with our new Transitional Employment Partner- Plato's Closet!

Holly and Hannah will be the placement managers, and will complete on-site training to learn the job before choosing a member to place. We are so excited about this new partner!

**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. As a defining characteristic of a Clubhouse Transitional Employment program, the Clubhouse guarantees coverage on all placements during member absences.



It's important to have coping skills during these political times. As most of us feel helpless. Do things to make you feel in control. Reaching out to legislators is a great way to feel in control!

You can contact your Legislators at  
<https://www.michigan.gov/som> under  
Branches of Government. Art by Betsy Z.

Phone: 231.922.2060

Email: trahse06@yahoo.com

Facebook: Traverse House Clubhouse

Web: [www.traversehouse.org](http://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