



Traverse House

March 2024 Newsletter

Spotlight on: Members

Name: **Matt P.**

Favorite Color: Pink & Purple

Favorite Food: Buffet-style

Favorite Music: Classical & Country

Favorite Animal: Dogs

Dream Vacation: Iceland & New Zealand

Favorite Hobby: Sports Statistical Analysis

One thing you like most about Traverse House

Clubhouse: Friendships and community involvement!



New Employment

Rachel F.



Transitional Employment

Started in March

Place of Work: Northern Lakes CMHA

Position: Greeter



Best part of the job: "Seeing people's smiling faces when they enter the building."

Most challenging part of the job:

"Getting up and being prepared every morning."

Rene G.

Transitional Employment

Started in March

Place of Work: Northern Lakes CMHA

Position: Greeter



Best part of the job:

"Getting to interact with all the visitors."

Most challenging part of the job:

"Making sure all the sweeping and sanitizing gets done"

Directors Corner



Michael L.



Mary S.



Sheryl D.



Lee K.



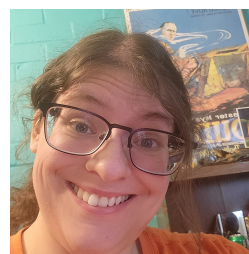
Tim D.



Ryan H.



Sue B.



Besty Z.

The Traverse House Advisory Board is a group of community members. We want to welcome 3 new board members this month!

Sheryl D. has worked in the mental health field for many years and previously at NLCMH.

Sue B. is the Director of Development for NAMI. Michael L. is a member colleague and invested in our work ordered day, wellness program, education committee and garden club. Please feel free to ask any additional questions you may have about our board!

-Hannah D. :)

Employment & Education Dinner

On March 20th, we hosted our Bi-Annual Employment and Education Celebration Dinner. At this event, we celebrated the employer connections Traverse House has formed in the community and the member colleagues who have worked alongside them.

Some of the employers that attended were Grand Traverse Industries, Little Caesars, Hagerty, Northern Lakes Community Mental Health Authority and Northwestern Michigan College.

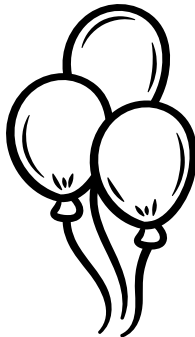
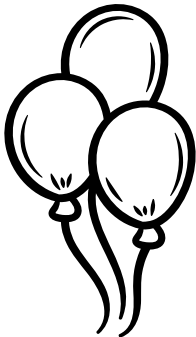
Congratulations to Edie S., Michael Sa., Rachel F., Rene G., and Sue H. on the hard work they have recently completed!

We also want to thank the culinary unit for all their hard work to put this event on!



March Birthdays

- 2nd- Steve Sol.
- 4th- Sue O.
- 6th- Pete W.
- 12th- Jim O.
- 14th- Arissa S.
- 18th- Cullen L.
- 19th- Cindy L.
- 20th- Deb C.
- 21st- David B.
- 28th- Sam C. & Dannie S.
- 29th- Zach J.



Contact Us

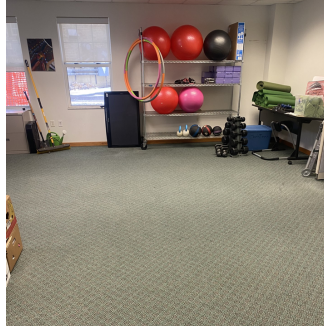
Phone 231.922.2060
 Email trahse06@yahoo.com
 Facebook Traverse House Clubhouse
www.traversehouse.org

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

Health & Wellness

We have completed phase 2 of transforming the conference room into a wellness space. Many members spent hours sorting through items and deciding what needed to be kept, donated, or thrown out. The next step is to setup the room with the desired equipment and make it a functional space!

At reception we have a wellness survey for all members to provide feedback on what they would like to see in our new wellness space.



Born to Read

In March, Rachel F. and Nancy L. spent time packing new children's books for 13 different preschools.

Traverse House partners with the Sunrise Rotary once every month to complete this packing and distribution. If you are interested in helping with this community project- speak with Hannah :)



St. Patrick's Day!

The culinary unit made reubens, pesto pasta, and leprechaun pudding for dessert.



Upcoming Activities

April 3rd- Dinner at J&S

April 9th- Building Resilience Seminar at TCPL

April 13th- Bowling at Incredible Mo's

April 19th- Arts & Crafts



Happy Easter
to all whom celebrate!

Article
Written by: Betsy Z.

Dr. Mary Edwards Walker:
The Woman in Men's clothing

An incredible feminist and pioneering lady who refused to lean into societal norms, Mary E. Walker was a force not to be reckoned with. In all American History, she was the only woman to receive a Medal of Honor by the Army.

Born November 26th 1832 in Oswego, New York, Mary came from a family of free thinkers. Her parents encouraged her to think for herself and allowed her to wear "bloomer" pants, instead of the usual corset and skirt woman were forced to wear in those days.

Her parents Alvah and Vesta Whitcomb Walker started the first school in Oswego that was free.

They did this, to make sure their daughters would get as much education as their sons. Mary worked hard after school to save up for medical school as she knew she wanted to be a surgeon. Mary ended up married to Albert Miller, who also went to medical school. Together they opened up a medical practice, but it did not do well, as the public did not want a female doctor. Mary and Albert ended up divorcing.

Civil War started, and in 1861 Mary tried to join the Union's efforts. She was denied to be allowed to serve as a medical officer, as she was a woman. Persistent, she still decided to serve as an unpaid volunteer surgeon at the US. Patent Hospital, in Washington. There were no female surgeons in the Army at this time.

In 1832 she moved to Virginia to start treating wounded soldiers near the frontlines of Frederiksberg and Chattanooga. Finally, in 1863, her request to practice as a surgeon was accepted. Mary had become the first female US. Army Surgeon, with her commission of "contract acting assistant surgeon", (civilian) by the Army of Cumberland.

After the war was over, Mary was awarded the Medal of Honor, but it two years before her death it was rescinded. After the war she had advocated for women's rights, often got arrested for wearing men's clothing, as well as spouting assertive comments. Once asked about why she wore men's clothes, she replied "I don't wear men's clothes, I wear my own clothes!"

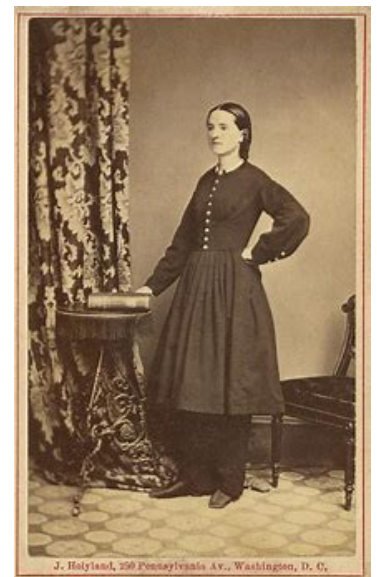
So her Medal of Honor was rescinded. However, she refused to turn it in. In a twist of rightful twist, Mary's family fought to have it restored. So, in 1977, 60 years later after Mary's death President Jimmy Carter restored it to her.

Sources for this page:

[HTTPS://www.womenshistory.com](https://www.womenshistory.com)

[HTTPS://www.cmohs.org](https://www.cmohs.org)

[HTTPS://www.army.mil](https://www.army.mil)



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