



Traverse House

March 2026 Newsletter

Wellness



Pictured left: Members enjoying a beautiful sunny day with a wellness walk!

Right: Members and staff have been working on eliminating less healthy snack and breakfast options and making sure healthier options such as hard boiled eggs and produce are available.



Clubhouse Standard #28

The Clubhouse provides assistance designed to help members improve their physical health and wellness, in partnership with community-based resources and healthcare providers. If the Clubhouse also provides in-house wellness activities, they are scheduled to be consistent with a vibrant, side-by-side work-ordered day; and significantly utilize the teaching skills and expertise of members.

Social Recreation



Members enjoying a fun evening bowling!



Crafting beautiful spring time wreaths!



March Social Events

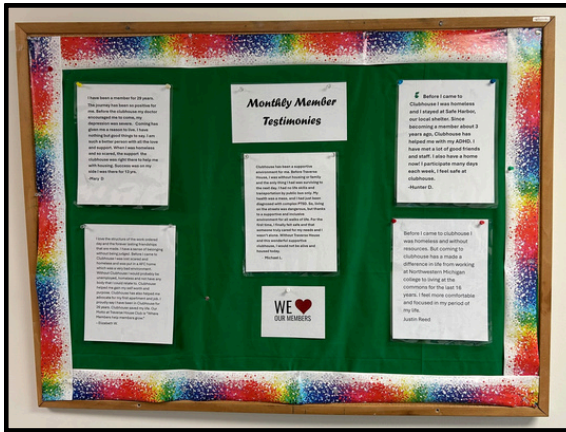


And a fun karaoke and game night!



Spotlight

Clubhouse Celebration Week



In partnership with [Clubhouse Michigan](#), Clubhouse International hosts a global week of storytelling and connection, amplifying the voice of Clubhouse colleagues around the world and highlighting how Clubhouses create purpose, friendship, and hope.

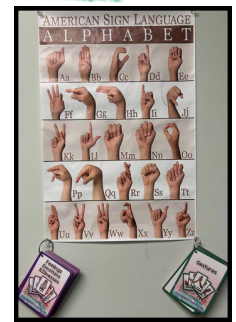
This week-long social media event, always in the beginning of March, showcases the transformative impact of the Clubhouse movement via the voices of Clubhouse communities. Launched in 2014 by members of the Michigan (U.S.) Clubhouse Coalition, this year marks the **12th annual celebration**, and the event continues to grow each year! Left you can see some of our member testimonies that were shared this year.



Learning ASL

We recently had a group interested in learning ASL and were able to start online ASL lessons.

Traverse House member, Doug took it upon himself to make learning more fun and donated flash cards and ASL scrabble to us to help us learn. Thanks Doug!



Community Awareness



IMPORTANT UPDATE

Our 30 year Anniversary event date has changed to Thursday May 28th! We cannot wait to celebrate 30 years of Traverse House serving the community. Formal invitations will be sent out in April.

Clubhouse Michigan General Meeting



Each year, Clubhouse Michigan holds a general meeting every other month at alternating Clubhouses around the state. This month, we traveled to Heartland Clubhouse in Greenville for the meeting. We were able to tour their Clubhouse space, enjoy lunch with colleagues from around the state, and learn about the important opportunities our coalition provides for Michigan Clubhouses.

Weekly Employment Readiness Meetings

Every Friday from 8:30am-9:30am we hold a meeting to discuss employment needs and supports. In March, we invited Julie Lanczki from DHHS to join to discuss how earned income affects Medicaid insurance, eligibility and reporting guidelines.

We also had John Bertrum, with Disability Network attend to answer questions about income guidelines and reporting with the Social Security Administration.



We assist members to gather information about obtaining employment, and support reporting monthly.

Employment



Lizzy W

Q: What does being placed in the greeter position mean to you?
A: "I enjoy the confidence that work brings. I know that I have support if I need. Working makes me feel proud, and I have not worked in 8 years."

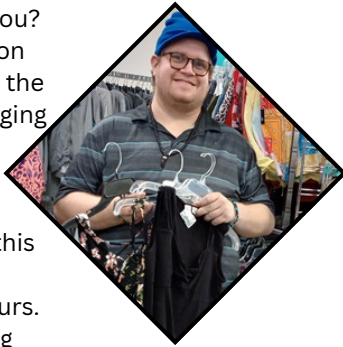
Q: What are you most looking forward to in this position?

A: "I like seeing all of the new faces that come into CMH, and interacting with people."

Mike L

Q: What does being placed in the Plato's Closet position mean to you?

A: "Plato's is a supported position that makes it possible to re-enter the world of employment while managing physical and mental health obstacles."



Q: What do you like most about this position?

A: "I really enjoy the day-time hours. It keeps my creative brain going working with colors and clothing."

Breana D

Q: What does being placed in the greeter position mean to you?

A: "It feels good being placed in the position and having a job I have support with."

Q: What are you most looking forward to in this position?"

A: "Working this position will help me adjust to having a new routine and I enjoy working with people."



Celebrating Edie's Last Day as Greeter

Over the years we have enjoyed watching many members grow, especially in the area of employment success. Edie S. concluded her time as a Greeter for Northern Lakes CMH at the end of February. She was employed in this position since 2022, and always had glowing reviews from the staff and clients she interacted with. Great job Edie!



Education

Michael L. is pictured with his art project. In March, he took a class on drawing trees using charcoal.



"I really enjoyed this art class. I thought it was going to be difficult, but as I went along I realized that I had the talent and just needed a little instruction for how to put it to use. It gave me the desire to fit more art into my lifestyle, especially as a self-care tool." -Mike L.

Traverse House provides educational scholarships each semester to provide access to extended educational opportunities in the community. We typically invest \$1500.00 annually, and members choose the classes they would like to pursue.

Directors Corner

Clubhouse Michigan Conference

This summer will be the Clubhouse Michigan Conference. This year we are holding the event at Shanty Creek in Bellaire from July 19th to the 22nd. Traverse House will be involved with presenting on 3 different workshops at the conference. Our topics for this year include Advisory Board, Housing Supports, our Education Program and supporting Long-Term Employment.

We have a number of members who are interested in assisting with presentations, and our Advisory Board members will also be attending. This is not only an opportunity to learn more about Clubhouse best practices, it is also a great opportunity to meet Clubhouse members and staff from around the state!

-Hannah D. Traverse House Director

Culinary



Traverse House applied for and received a grant through the NW Food Coalition to stock our pantry. The grant originally was for \$1000, but since we have a daily meal, a food pantry, and always have a member joining staff on the monthly meetings, we qualified for \$2000. We made our first shopping trip to Walmart and will be scheduling more soon. We will need to spend down the entirety of the grant by April 26, 2026. This grant was a huge help for our members to supplement their food budgets.

February Statistics 2026

Number of times the Pantry was utilized:
565

Number of Meals Served:
382

Upcoming Activities

March Social Recreation

April 2nd: Laundry & Walmart

April 3rd: Good Friday @ 10-2

April 5th: Easter Sunday @ 10-2

April 9th: Laundry

April 16th: Laundry & Walmart

April 17th: Out to Dinner @ 4-6

April 23rd: Laundry

April 29th: Hike State Hospital @ 3:30-5:30

April 30th: Laundry & Walmart

Committee Meetings

April 1st: Purchasing @ 8:30

April 7th: Newsletter @ 10:30

April 8th: Community Awareness @ 10:30

April 9th: Food Coalition @ 9

April 9th: Website @ 2

April 13th: Wellness @ 2

April 16th: Multimedia @ 2

April 21st: Education @ 11

April 28th: Employment @ 2

Member Statistics:

Active Members: **74**

Average Daily attendance: **25**

Employment Statistics:

Number of Members Employed: **25**

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