



TRAVERSE HOUSE CLUBHOUSE

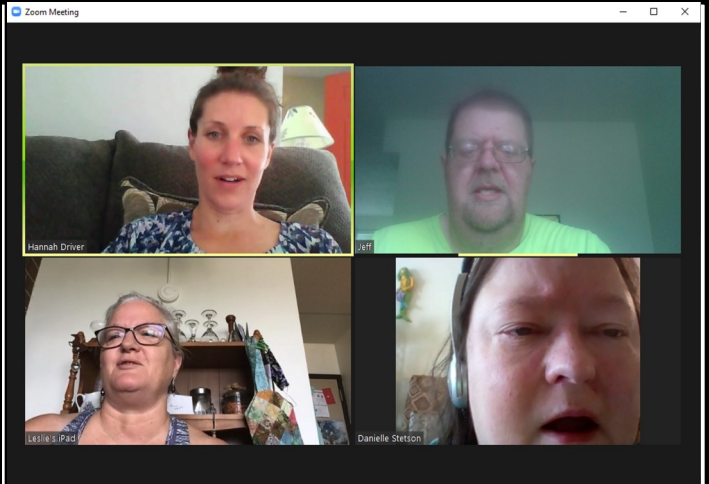
"Where members help members grow."

2020 Summer Quarterly

The Traverse House Clubhouse is a community for people working with mental health issues. The Traverse House works to enable every member to reach their full potential as a respected productive member of society.



If you plan on visiting the clubhouse, please call ahead at (231) 922-2060 to schedule an appointment.



COVID-19 brings the internet to life! By Jeff N

One of the challenges COVID-19 has presented, is the ability of clubhouse members to connect. Zoom has been that light within the darkness. With regular bi-weekly meetings at 3:00pm, we discuss everything from social recreation, fundraising, to promoting and speaking publicly about our issues.

Employment Celebration for Northern Lakes Community Mental health, Presented by Michigan Senator Wayne Schmidt



NLCMH has worked for the last 3 years with Traverse House to provide employment opportunities in Supported and Transitional Employment placements as Parking Lot Attendants, Greeters, and Peer Support Specialists. Over the course of this partnership, NLCMH has employed 21 members. Going into April 2020, NLCMH was in the process of hiring 4 new Parking Lot Attendants and 2 new Greeters. We will be so excited when those members can finally start their jobs!! The award was presented to Karl Kovacs, CEO of NLCMH, by Senator Wayne Schmidt who has been a wonderful support to Traverse House Clubhouse, NLCMH, and the overall advocacy of mental health issues.



Thank you NW Food Coalition!!!



Our members have missed you!

Learning in Today's World

Members are still learning even through all of this social distancing. No classes is person as too many were unwilling to do anything but stay home and mind essential business only. That all changed when one member, Dannie looked into getting some help to attend Master Classes online. Soon Jeff another member wanted to join in the fun.

MasterClass is an online platform with several areas of interest such as; writing, business, lifestyle and culinary to name a few. All through online videos. "Watch **thousands of lessons** from the best as they share their stories, skills, shortcuts, failures, and successes. "

Dannie and Jeff have set out in different areas of learning and have a year into which they can peruse classes.

Jeff has looked into communication listening to Steve Martin critique others and Samuel L Jackson go through the process of getting ready to play a role as well as producing. Jeff is attending a sociology class at **NMC** this fall as well. Dannie has dove into writing, listening to various authors, (Judy Blume, R L Stine) reading their works and submitting assignments.

Continuing education is possible with a little help from Traverse House!

Wellness

Taking care of ones self can be challenging in the best of times. Members have stepped up in many ways to fill their time and keep a good face during this crisis.

There are all the normal suggestions of going about your day such as: breaking up long periods with a walk out side, or out to the kitchen for a glass of water, moving, dancing to your favorite music, taking a walk. You get the picture.

Members have kept busy in many ways. Sara makes jewelry.



Betsy goes for drives with her parents for a change of scenery and just getting out for fresh air. Members know she is drawing during this time too.

Eric likes to keep us all laughing with his jokes featured in the weekly newsletter the members have been producing and mailing to all members. Keeping

Something Funny

What did the duck say when he bought lipstick?

Put it on my bill!

What do you call a parade of rabbits hopping backwards?

A receding hairline!

TRAVERSE HOUSE CLUBHOUSE

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Director's Corner

Traverse House Clubhouse has finally reopened our doors to our membership after being closed for about 4 months! Although our physical space was not operational during that time, we continued to reinforce our Clubhouse community and sense of togetherness while apart. Members connected through outreach calls, emails, Facebook, a weekly newsletter, home visits, and food deliveries. We were able to stay organized by offering a daily unit meeting via conference call, and zoom calls allowed us to connect visually. Traverse House is so grateful for our partnership and donations from the Northwest Food Coalition, which enabled us to provide members with healthy nutrition at no cost while we were closed.

What I take away from this experience is the resiliency of our Clubhouse members. The support and comradery continued, even though we were not physically together. Our members were eager to re-enter their Clubhouse, and we have been open successfully for a month! We continue to offer opportunities and support for members who attend, and for members who prefer to work from home. We have truly grown stronger and proven that Traverse House will overcome any challenge that comes our way.