

# TRAVERSE HOUSE CLUBHOUSE

“Members provide mentorship for new members and working together makes us stronger”



## June 2021 Monthly Newsletter #1

### Feels like Summer



The heat has arrived, and Traverse House is back to celebrations in person and social activities in the community!

We enjoyed a big Memorial Day cookout, and went out to eat at Firefly. A little later in the month, we will be going to a Pit Spitters game.

Come enjoy summer 2021 with your Clubhouse colleagues and sign up for social recreation!



### Upcoming Events

**Saturday 6/19:** Clubhouse Open 10-12:30pm

**Sunday 6/20:** Pit Spitters Game 5pm

**Wednesday 6/23:** Community Connect 1:30-3pm

**Wednesday 6/23:** Social Rec Planning for July:  
10am

**Thursday 6/24:** Jeopardy 3pm

**Saturday July 3rd-Saturday July 10th:** Cherry Festival Fundraiser

**Monday July 19th-Friday July 23rd:** Alliance House Employment Track Training

### Cherry Festival Fundraiser

Traverse House is so excited that we can fundraise this summer! The shirts and signs have been purchased, the tickets organized, and the sign up sheets are ready to be filled.

This year, we will be fundraising selling parking spaces for \$15 from June 3rd-June 10th. We need lots of help from our members to make this fundraiser possible- so call Club or come in to sign up for the shifts you would like to volunteer for.



### Member Testimony

“Recently I was talking with my psychiatrist and when I asked if she thought witnessing my dad die and being sent to military boarding school shortly after that event gave me schizophrenia. My doctor informed me that I already had it, those things just ramped it up faster. And then being sent to my sisters house to live with her husband and 8 children sped it up more. My next question was more to myself, why didn’t someone figure out I had it because there was medication back then. It would have made my life so much easier and more enjoyable.

I think it has to do with my mom not wanting to accept the truth that I had mental illness and thinking I’d be fine. I love my mom but sometimes parents need to put aside their pride and do what’s right for their children. I also love therapy, getting the facts from long ago gives me a better understanding of my future.” -**Trevor G.**

### House Policy

- Hours were extended 8:30am-3:30pm
- Capacity was increased to 15 members in the morning and 15 members in the afternoon.
- Although we must wear masks inside the Clubhouse space, we made the decision that for any activities together outside members and staff can take off their mask.

## ***Director Corner***

The decision is in- Justin R. and Hannah D. will be attending the Alliance House Specialty Training on Employment in July! This training is going to offer education about developing and maintaining transitional and supported employment options for our Clubhouse.

Traverse House has been open for about 3 months now, and we have successfully refocused our work ordered day, continued to expand daily unit work tasks, incorporated opportunities for presentations and community awareness, and brought back community based social recreation activities! Now we are in a great place to dedicate focus to our employment program.

This week marks the beginning of our transitional employment opportunity for Parking Lot Attendants at NLCMH. So many members have started to consider re-entering the job market, and Traverse House wants to have options to offer for employment. One piece of our goal is to rebuild the TE's we had pre-pandemic, and a second piece of our goal is to work with NEW EMPLOYERS. Justin and I will work together to develop an action plan that describes the steps we will take to reach both of these goals, and at the end of the training, we will present our plan to the Traverse House membership.

If you have an interest in gaining employment or ideas about employers we can build opportunities with, please connect with Hannah to discuss your ideas further! -Hannah D.



### **June Birthdays**

1 Mario R.  
3rd Sue P. & Sandra S.  
5th Mike G.  
7th Chris G.  
14th Mike P.  
17th Jerry F.  
29th Betsy Z.

### **Trivia/Fun Facts by Kathy P.**

*There are 200 seeds on an average Strawberry. Typically seeds can grow into new Strawberry plants, but most reproduce through runners.*



### **Jokes By Eric B.**

Why are dogs so sad sometimes?  
Because they have a ruff life.

### **Quote provided by Connie L.**

**I am not afraid of storms, for I am learning how to sail my own ship.**

**-Louisa May Alcott**



### **Creative Corner**

*Dannie S. Shoes Sketch & Wacom Tablet*

### **Daily Remote Unit Meeting**

**Monday-Friday at 9:30 & 1pm**  
**Conference Call number:**  
**1-312-626-6799**

**Meeting ID: 739 167 9722# #**

\*Same number for Jeopardy once a month

**Zoom meeting number:**  
**Meeting ID: 739 167 9722**

### **Contact Us:**

231-922-2060

email: trahse06@yahoo.com

Facebook: Advocat Trvrse Hch

Web: www.traversehouse.org

### **CMH Crisis Line:**

1-833-295-0616 or 1-800-422-7315 or 911

Suicide Talk Line: 1-800-SUICIDE or

1-800-273-TALK+



## ***Transitional Employment is Back!***

The Parking Lot TE (Transitional Employment) has begun again this spring. New members and a couple of returning parking lot attendants are hard at work keeping the parking lot safe, clean and available for those who are coming to Northern Lakes CMH.

New to the job this year is a bit of picking up in the parking lot. The attendants have always been conscious of picking up bottles or cleaning up glass, the only difference is that it is now listed in their duties and supplies to complete this task are supplied i.e. gloves, broom...

*Pictured are two of the attendees, Mike P and Mike S*

## ***Wellness Walk***

What is a Labyrinth Walk? You might ask: Grand Traverse Commons Botanic Garden at Historic Barns **Labyrinth walking** is an ancient practice used by many different faiths for spiritual centering, contemplation, and prayer. Entering the serpentine path of a **labyrinth**, you **walk** slowly while quieting your mind and focusing on a spiritual question or prayer.



## Recipe of the week

### Strawberry Granita

(“First for women” Magazine)

Active Time: 30 min. Total Time: 8 hrs., 30 mins. Serves: 4

\*Tbs = Tablespoon, \*tsp:= teaspoon

1/2 cup of sugar

1 (16oz) package strawberries, trimmed and quartered

1 1/2 tsp/ grated lime zest

2 Tbs. lime juice

1 1/2 tsp. Grated peeled fresh ginger

Fresh mint sprigs and additional strawberries (optional)



<https://www.bonappetit.com/recipe/fresh-strawberry-granita>

In pot, combine sugar and 1/2 cup water; over medium heat, bring to a boil. Cook until sugar dissolves, 1-2 minutes. Let cool. In food processor, puree strawberries, zest, juice and ginger until smooth; stir in sugar syrup. Pour into freezer-proof 8” square pan. Cover; freeze 8 hours. With fork, scrape frozen mixture into flakes. If desired, serve garnished with strawberries and mint.

Per serving: 134 Calories, 1g Protein, 34g Carbs, 2g Fiber, 31g Sugar, 0mg Chol., 2mg Sod., 0g Total fat

### *Health Bonus*

***Soothe aches with ginger.*** Unique compounds in the zesty spice halt the production of pain-triggering hormones to cut stiffness and pain in half.



<https://cookswellwithothers.com/2020/08/26/chicken-caprese-paninis/>

## Can you name this sandwich?

***Stay tuned for the July Issue to find out what this delicious sandwich is and how to make it. Recipe submitted by Kathy P.***