

Traverse House Clubhouse

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



Traverse City Weekly Newsletter XXIV

Clubhouse News This Week

New Business:

House Policy Report

- This week, we discussed joining the NLCMH Communication and Public Relations Committee! This will be an opportunity for members who would like to focus on community awareness, advocacy, and event planning. Please contact Hannah if you are interested in joining the group.
- We will also be offering weekly zoom sessions to our members at The Villa! Stay tuned for more information.

On-Going Business:

- Home Visits are now available.
- Lunch Delivery available daily for a \$1.50
Tickets can be purchased for \$7.50 or \$15.00
- Pantry Box Delivery Tuesday & Thursday
Call club at 922-2060 by 11am.
Pantry is Open Tuesday & Thursday 12-1
- **Education:** We currently have 3 members who are taking classes for the fall semester. If you are interested in school— call Clubhouse and we can provide guidance and information!
- **Employment:** We are in the process of updating our employment statistics. Currently, we have 17 members who are working in the community and 4 members who are employed but laid off due to COVID-19.
- **Zoom:** Join us on Mondays and Wednesdays at 3pm on the zoom call. Monday: Revisit City permit for Fundraiser, discuss Community Partners. Wednesday: Set appointment with Deb Farron, Dietician/Nutritionist

Member Testimonies

What do you love most about coming back to Clubhouse?

*Seeing everyone and being able to talk to each other is an important part of the clubhouse experience. We all love to travel, Walk-A-Mile in each others shoes, and park cars at the National Cherry Festival, but when it comes to togetherness, there is nothing more satisfying than a clubhouse cookout. With brats, beans, pasta salad, and corn on the cob, it's the perfect meal during the summer slow down. Enjoy it now, because it's not going to last long. **By Jeff N.***

Justin R states, "interacting with staff and Clubhouse members has been wonderful." Justin has been a huge support to our Clubhouse community. He manages daily meal delivery, community support transportation, and pantry box delivery twice weekly. Traverse House is lucky to have your help Justin!!



Home Visits

Mike G. "It was alright. I enjoyed having Leslie visit me. I showed her the chickens."

Health and Wellness

- Try sparkling water to mimic the bubbles from your favorite soda.
 - Flavor your water with slices of cucumber, kiwi, or strawberry.
- Freeze fruit in ice cubes and add them to your water for extra sweetness.
 - Enjoy a cup of black coffee, green or black tea for a caffeine kick.
 - Drink chamomile, valerian or lemon balm tea if you feel stressed.
- Sip on hibiscus tea throughout the day if you have hypertension. This may help you to achieve better control of your blood pressure.

"If you cannot stop drinking sweetened beverages cold turkey, try to taper off as best you can," says Dr. Todorow.

Culinary Unit

Eating Locally Means Eating Seasonally:

Plump, summer tomatoes in July found at your farmers market will always taste better than the pale, dry ones you can find at the grocery store in February. So, while most foods are available all year long, those shipped from far away can lack the full nutrient-rich punch of fresh local foods. By eating locally you will be supporting your local economy, your local farmers, and your health!

The Food Coalition is offering a box of 100 shoes! This will be coming to us at the end of September. The box will include different sizes of shoes and different styles of tennis shoes and boots. Please let us know if you are interested or in need!



10th Edie S.
13th Abe F.

Quote from Connie L.

“We delight
in the
beauty of
the
butterfly,
but rarely
admit the
changes it
has gone
through to
achieve that
beauty.”
Maya
Angelou

Clerical Unit

Our new printer has arrived!! We are happily printing our newsletters and other items each week with ease. We are also able to print wirelessly from any laptop in the space!



Jokes By Eric B.

The carpenter did such a good job,
he was floored.

Trivia By Kathy P.

In what city is the cathedral of Notre Dame?
Paris

Daily Unit Meeting

Monday-Friday at 9:30 am

- Conference Call number: 1-712-775-7031
Access code: 602-439-844#
- *Same number for Book Club and Bingo

Zoom

Mondays & Wednesdays at 3pm

- Set up account at zoom.com, using your email and create password
- Meeting ID: 86123508597
- Enter Password: “Clubhouse”

Contact Us:

231-922-2060

email: trahse06@yahoo.com

Facebook: Advocat Travers Hch

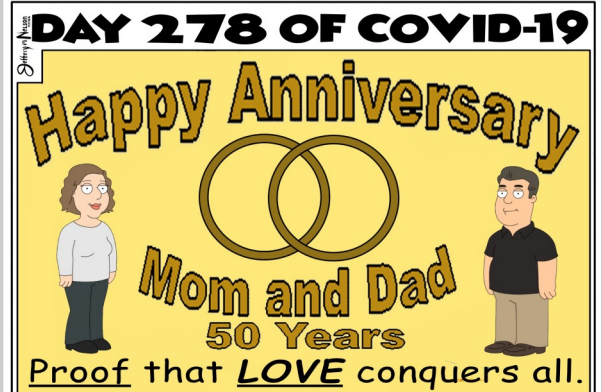
Web: www.traversehouse.org

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+

Creative Corner

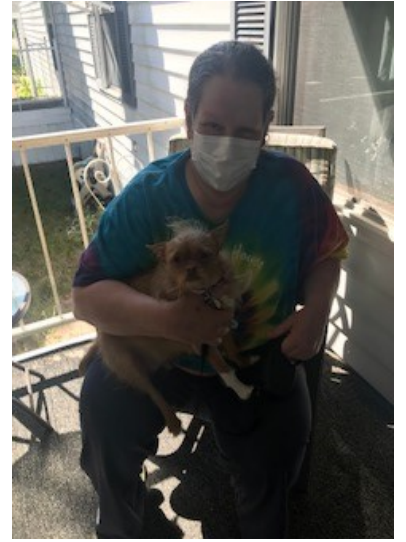


Celebrations & Home Visits



Eric B. “The home visits have been very encouraging. I feel closer to my friends.”

Alex F. “It was nice to see someone to spend the time with to check on us, nice to see someone you know.”



Connie L. “It was really great to see Holly in person and to be able to get to visit with her. Both the cat and I enjoyed the beautiful fresh flowers that Holly brought.”



Pat R. “I think the home visits are a great idea. A lot of us don’t have anyone to visit us.”



Kathy P. “I highly recommend home visits for those that aren’t going to Clubhouse. It gives you a chance to get caught up in what is going on at Clubhouse and what is going on for those people who are staying at home. Finally, it is a great way to socialize.”



Celebrating her birthday-Kathy with her friends!
Happy Birthday



Steph T. “I had a wonderful visit. It was nice chit chatting with Holly. Thank you for the food.”



Community Awareness

I am so proud to announce that I was selected as one of Hagerty's 2020 40 Under 40!! This award recognizes individuals in Grand Traverse, Leelanau, Benzie and Kalkaska counties under the age of 40 whose professional and community efforts during this past year had the most impact on their community, the region and the economy. Being honored in this way is a career high, and would not have been possible without the support from all of the Traverse House members! This is a wonderful spotlight on our Clubhouse community, and I know we will continue to spread our message about mental health awareness in our region for years to come.

Hannah Driver, 33



Traverse House Clubhouse Director, Northern Lakes Community Mental Health

Volunteerism/leadership: Clubhouse Michigan Training Committee; Licensed Professional Counselors of Northern Michigan; Northwest Food Coalition

2019 highlight: The Traverse House Clubhouse served over 100 adults with mental illness last year. We assisted over 20 members with gaining meaningful employment, hosted three employment celebrations with local employers, and helped members in their career goals by offering scholarships toward grant writing, nursing, art, and creative writing classes. Members and staff rallied for Mental Health Awareness Week at the capitol in Lansing and met with our senators and representatives to promote

advocacy. We traveled to Norway for the Clubhouse International Conference and learned about mental health systems and Clubhouses from around the world. Over the past four months, while our physical space has been closed, we have continued to deliver food to our members, staying connected through outreach calls, and offering support with employment and education.

Local inspiration: Ryan Hannon from Goodwill Street Outreach, because he is compassionate, client-centered and solution-focused in his approach to ending homelessness in our community. Ryan has worked for many years helping people in our community address addiction issues and mental health challenges by connecting them to resources and options for stable housing.

What's next: In today's world, Clubhouses are challenged to think outside the box and extend our services to members who are unable to visit the physical building. We are working to develop and sustain remote work for our members, while continuing to build relationships and stay connected. Our goal for a hybrid Clubhouse will include creative virtual opportunities and onsite work for some with a focus of decreasing isolation and promoting wellness.

“In my work with Clubhouse International, I work closely with directors from more than 300 Clubhouses around the world and I find Hannah to be exceptional. She is a natural collaborator who ensures that Clubhouse members (adults with mental illness) are central to the decisions and operations of the program. Her relationship skills make her a respected employee, supervisor and community partner. She has also taken on a leadership role within the statewide Clubhouse coalition which led to an invitation to present at the 2019 Clubhouse International World Seminar held in Oslo, Norway.” – Lee Kellogg, Program Officer, Clubhouse International

