

Traverse House Clubhouse

Traverse City Weekly Newsletter 12

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



**CLUBHOUSE
MOVEMENT
CELEBRATION
WEEK** **June 1-7**



Clubhouse News This Week

- ◆ June 1st, Governor Whitmer removed the "Stay At Home" order and announced that all of Michigan has been moved to phase 4 which allows people to return to work under restrictions with a 100 person capacity, maintaining social distancing and wearing masks.
- ◆ We are pleased to announce that we are now offering home visits to our members, on one on. Masks will be worn, visit will be outside of the home, keeping in mind social distancing and the visit may be a "walk and talk" visit.
- ◆ Later this month a copy of our clubhouse re-open plan will be mailed out to our members for review in preparing for the day club re-opens.
- ◆ Sue O., who calls bingo said, "Bingo was a success. There were three members who played. Everyone won at least one game each."

Leslie's Bingo card



- ◆ Water challenge: To increase water intake, some members have added Crystal Lite for added flavor.
- ◆ Zoom: Members enjoyed face time with Jake. "Zoom is the next best thing to seeing each other in person."—Connie L.

◆ **Statistics for the week of May 25th-29th:
Outreach: 169, Food/Meal Delivery: 46**

Members Testimony (Clubhouse Movement Celebration)

This week is Clubhouse Movement Celebration. If you log onto your Facebook page, type in Clubhouse Movement Celebration in the search area you can post your thoughts about what clubhouse means to you. Below are posts by our members.

"Traverse House Clubhouse in Traverse City, Michigan, has a great amount of communication. Phone meetings and conference calls, now home visits, food delivery, newsletters, outreach, and any needed calls to the staff. I'm proud to be Secretary of the Advisory Board, and so many members are preparing for our first day back. The plans and discussions are enduring. We have ideas for continual cleaning regularly each day."
Long time Member, Sue Orchard

"In Northern Michigan Clubhouse participation means belonging, organizing and maintaining our group's common goals. Goals like adding to our club's website, newsletter, and educational unit help boost my self esteem... Although I have worked both the Clerical and Culinary Units in the past, I prefer socializing with others who might have similar experiences to mine. I don't have to suffer alone and in silence. I love learning new skills and brushing up on old ones, this shows I still have a purpose beyond a mental-health diagnosis. Covid-19 has changed how our club relates towards one another outside our physical space. We have continued with virtual & conference calls, pen pals, or artists, writers and book gatherings. Bingo cards and puzzle and/or coloring pages, food deliveries to those in need. I am impressed with the club members and staff for going the extra measure...We all rock!" *Danielle Stetson*

"I go to Traverse House Clubhouse in Traverse City, Michigan. The two TE jobs I had: a greeter and parking lot attendant have helped me feel like I can work my way into employment in my community. I also enjoy going to Clubhouse to see friends and work in the clerical unit."
Kathy Patrick

Healthy Living

From Our Clubhouse Kitchen to Your Table



Friday's lunch of goulash and a biscuit accompanied by a beautiful vegetable medley of broccoli, bell pepper, mushrooms, onion, and zucchini, seasoned with garlic, lemon pepper, Italian seasonings and some soy sauce. Yummy!

Thank you Leslie and Cheryl for all the meals prepared and boxes of food delivered!

Birthdays This Week

1st Mario R.,
3rd Sue P. and Sandra S.
5th Mike G., 7th Chris G.

HEAT STROKE PREVENTION



Successes

Housing

Congratulations to Brian B. who after two years has received a second housing voucher which he was able to use towards his new home, after not having any luck the first time with a housing voucher. Way to go!

Education

Dannie S. and Jeff N. continue to be engaged in their Master Classes which they received a clubhouse scholarship for.

Employment

Congratulations to Sonny B. and David B., to name a few of our members who have returned to work at GTI. And to Carley J, who returned to her job at Kohl's.

Book Club

Meetings Mondays at 1:30

Book Review Ideas:

1. Tell what you think may happen before the story begins.
2. Write a diary for your favorite character.

Dannie S said, "It would be nice to have more members participate in the book club."

Nancy L. reported that Nancy Drew always solves the mystery but sometimes gets caught up in a predicament. "Don't Look Twice" *Nancy Drew Files, Case 55.*



Daily Unit Meeting

Monday-Friday at 11am

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

Zoom

zoom.com

- Set up account, using your email and create password
- Meeting ID: 96781595166
- Enter Password: "Clubhouse"

Contact Us:

231-922-2060

email: trahse06@yahoo.com

Facebook: Advocat Travrse 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+

In Our Community



You Can Grow Your Benefits!



Did you know that SNAP* benefits can be used to purchase seeds and plants to grow food?

*In Michigan, SNAP is also known as the Food Assistance Program (FAP) and benefits are received on a Bridge Card.



The Bridge Card can be used to purchase seeds and food-producing plants at any store or farmers market that accepts SNAP benefits.

If your local grocery store or farmers market also participates in the Double Up Food Bucks (DUFEB) program, DUFEB can be used to purchase seeds and food-producing plants as well.

Did your household recently receive a Pandemic EBT (P-EBT) card? P-EBT food assistance benefits were sent to Michigan families with students that are eligible for free or reduced-price school meals.

P-EBT benefits can be used the same way as the Bridge Card, to purchase food items, seeds, and food-producing plants. P-EBT benefits can also be used to participate in the DUFEB program.



To apply for the Food Assistance Program, visit:

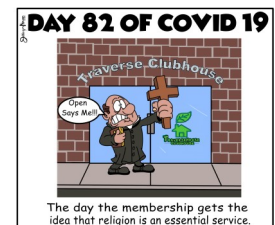
www.michigan.gov/mibridges

Material produced by the Food Bank Council of Michigan.

Creative Corner

Skull Face

by Betsy



Jeff's humor and creative cartoon

Inspiration

Quote

(Contributed by Connie L.)

"True peace is not merely the absence of tension, it is the presence of justice." Martin Luther King Jr.

Fun Stuff

Trivia

(Contributed by Kathy P.)

What Canadian Province shares the longest land with the U.S.? British Columbia.

BATA

One of the Bay Area Transportation Authority's top priorities is the safety and security of its riders and staff using public transportation during this coronavirus (COVID-19) health pandemic. BATA is in contact with public health and transportation authorities including the Grand Traverse County Health Department, Benzie-Leelanau District Health Department, the Michigan Department of Transportation and the Federal Transportation Administration. BATA is prepared and will continue to provide safe and reliable transportation during this time and is taking extra precautions to make sure its vehicles and facilities are cleaned and sanitized.

All service adjustments will be in place until further notice. Please use public transit for essential transportation only. Facial coverings are required to use public transit. Service Restart - BATA is starting to slowly bring back service for essential transportation needs. Please read below for timing regarding services being restarted and services still impacted by COVID-19.

Service Restart - Week of June 1, 2020:

Bayline:

The Bayline returns to service resuming 15-minute frequency, operating hours from 7 a.m. to 11 p.m. seven days a week and will continue to be fare-free for the time being

City Loop:

"B" Bus service resumes on City Loop Routes 1, 2, 4 and 5

Service hours return to ending at 10 p.m. weekdays, 9 p.m. Saturdays and 8 p.m. Sundays

Route 3 is not returning at this time, but Route 2's path is being modified slightly to provide coverage to some of Route 3's previous stops

Village Loop:

"A" Bus service fully resumes on Route 10 – Suttons Bay, Route 12 - Interlochen, Route 13 - Kingsley and Route 14 – Acme/Williamsburg providing odd hour departures from Traverse City at: 5:30 a.m.

(Route 13 - 5:00 a.m.), 7:30 a.m., 9:30 a.m., 11:30 a.m., 1:30 p.m., 3:30 p.m., 5:30 p.m. and 7:30 p.m.

(Route 12 only), Weekend Village Loop service resumes on Saturday, June 6 on Routes 10, 12, 13 and 14, Bike-n-Ride service starts for weekend's only on Village Loop Route 10 on June 6

Transfer Stations:

Operational hours expanded at both transfer stations : Hall Street Transfer Station lobby hours will be 6:30 a.m. – 9:30 p.m. Monday – Friday and 8:30 a.m. – 8:00 p.m. Saturday and Sunday

Cass Street Transfer Station hours will be 5:00 a.m. – 8:00 p.m. Monday – Friday and 9:00 a.m. – 6:00 p.m. Saturday and Sunday