

Traverse House Clubhouse

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



Traverse City Weekly Newsletter XIII

Director's Corner

Grand Traverse County has moved into phase 5 of the Governor's plan this week. This means that gyms, movie theaters, salons, spas and barbers may begin servicing customers in our region starting on Wednesday, June 10th. Precautions with social distancing are still in place and should be followed, and masks should be worn while inside buildings.

Last week, staff began offering the opportunity for a brief visit outside members' homes. We have made the decision to discontinue visits that are not imperative in efforts to reduce risk factors of staff and members transmitting COVID-19. Our goal is to keep all members and staff as safe as possible, and follow guidance from DHHS, the CDC, NLCMHA, and other Clubhouses in Michigan.

At the end of May, Traverse House submitted our re-open plan to Northern Lakes for review. Once that plan has been approved, we will be mailing a copy to each member. We are hopeful for a reopen date this summer, and will continue to keep members informed with the most up to date information available.

Remember, Traverse House is a strong and resilient community that goes beyond our physical walls. There are many opportunities available to stay connected and involved in the daily work we are continuing to complete. I encourage each and everyone one of you to participate and share your ideas, successes, challenges, and needs. I look forward to the day when we are able to work side-by-side again, but until then I hope you all stay well. —Hannah

Member Testimony

Hi, my name is Connie. I am a member of the Traverse House in Traverse City, Michigan. The Traverse House has helped me in more ways than I can possibly convey in a brief statement. The staff and members have become the friends and family who are always there and stick by me no matter what is happening in my life. I have been able to build my confidence immensely by working at three separate jobs through the Transitional Employment program during the three years I have been a member.

Since the pandemic began, our staff has kept me and my fellow clubhouse members from feeling so isolated with daily group conference calls, bi-weekly zoom calls, weekly tele-bingo, bringing meals to us when needed and, more recently, offering us home visits with a staff member of our choice. We have also been given meaningful work to do at home such as calling other members, stuffing and mailing out news letters, finding trivia and inspirational quotes for our daily conference calls. I can't imagine life without them. Traverse House, you rock!!!

Clubhouse News This Week

- ◆ Bingo: Pearl reported having a great time and won the cover all last week.
- ◆ Book Club: Looking for suggestions on a good book to read.
- ◆ Pen Pals: A few of our members have connected with Light of Hope Clubhouse in Alpena to be set up with a pen pal as a creative way of staying connected. Dannie reported that her pen pal lives in Pennsylvania. Her name is Tina V. She attends a clubhouse in her hometown. Nancy L. also has a clubhouse pen pal, who lives in Middleboro, MA.
- ◆ Water challenge: Remember to drink water and keep hydrated.
- ◆ Zoom: Meetings include social, discussion on fundraising, advocacy, inventory needed for when club re-opens.



14th Mike P.,
17th Jerry F.,
29th Betsy Z.

In Our Community



Jun 6, 2020, this past Saturday, in the wake of George Floyd's homicide on May 25th, more than 1,000 people gathered to peacefully protest at Open Space in Traverse City, MI.

"Saturday marked the largest Black Lives Matter protest Traverse City has seen. Signs held high overhead read "We are all members of the human race," "Color is not a crime," "All lives can't matter until black lives matter," "United in outrage," "Stop killing us."

By Brooke Kansier bkansier@record-eagle.com

Dannie S. recommends visiting this You Tube website in recognition of Samantha Francine, who showed courage.

<https://youtu.be/kWNfvYSk2c>

Culinary Unit

From Our Clubhouse Kitchen to Your Table

Grilled Asparagus With grilled chicken on an onion roll



“Look Ma, “Leslie likes it.”

Thank you Cheryl and Leslie for keeping our members fed!

Statistics for week of June 1st-June 5th: Meals/Food Delivered: 36

Clerical Unit

Shout out to Kathy P., Connie L., Sandy S., Sue O., Dannie S., Nancy L., Steph T., and Jeff N. for your commitment and dedication to clubhouse and clerical unit work. They have been involved with mailings, outreach calls, birthday cards and contributions to our weekly newsletter.

You and your fellow colleagues are what makes clubhouse Great!
Statistics for the week of June 1st-5th: Outreach 188

Donation



Thank you Dean for all the beautiful Adult coloring books! The members are appreciative of these.



Health & Wellness

ALWAYS REMEMBER TO
WASH YOUR HANDS



WATER AND SOAP



PALM TO PALM



BETWEEN FINGERS



FOCUS ON THUMBS



BACK OF HANDS

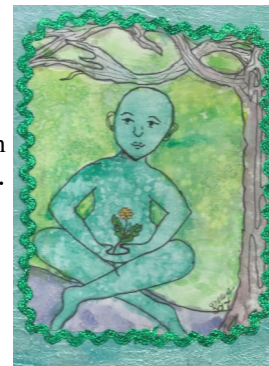


FOCUS ON WRISTS

PREVENT CORONAVIRUS

WWW.VIRUSPREVENTION.ORG

Creative Corner



Zen Dandelion
by Dannie S.

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

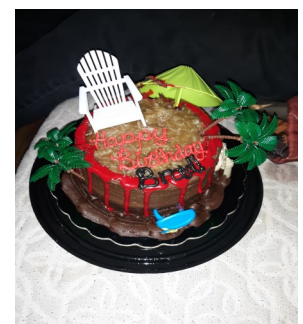
CMH Crisis Line:

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

Suicide Talk Line: 1-800-SUICIDE or 1-800-273-TALK+



Tyler’s horror themed
German Chocolate birthday





[Home - Black Lives Matter](#)

Eight minutes, 46 seconds. That's how long a police officer kept his knee on George Floyd's neck. George Floyd struggled, pleading for his life: "I can't breathe," until he drew his final breaths, calling for his mother.
blacklivesmatter.com

<https://blacklivesmatter.com/>

Below in quotes are excerpts from the website, "**Black Lives Matter**".

"Black Lives Matter began as a call to action in response to state-sanctioned violence and anti-Black racism. Our intention from the very beginning was to connect Black people from all over the world who have a shared desire for justice to act together in their communities. The impetus for that commitment was, and still is, the rampant and deliberate violence inflicted on us by the state...Every day, we recommit to healing ourselves and each other, and to co-creating alongside comrades, allies, and family a culture where each person feels seen, heard, and supported. We acknowledge, respect, and celebrate differences and commonalities...We embody and practice justice, liberation, and peace in our engagements with one another."

In reading more about "Black Lives Matter", there is hope to debunk the misconceived notion that "(Only) Black Lives Matter." Check out the web site to learn more about the Co-Founders of this movement which started 6 years ago.

Martin Luther King Jr. led the way in promoting peaceful protests in the 1960's. Following, Rodney King's plea in 1992, "People, I just want to say, can't we all get along? Can't we all get along?" A powerful statement that still resonates today as our nation faces the truth about racial injustices and inequalities. Educating ourselves about racial inequalities and taking action for reform are a means to empowerment and steps toward compassion for humanity.

The song, "*Imagine*" by John Lennon, "*One Love*" by Bob Marley and "*One*" by U2 come to mind.

Let's sing these songs together, out loud!