

Traverse House Clubhouse

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



Traverse City Weekly Newsletter XIV

Clubhouse News This Week

New Business:

Advisory Board Report by Sue O.

- Reviewed update on re-opening clubhouse.
- Re-opening plan and questionnaire will be mailed out to members, asking what jobs they are going to participate in.
- Have consent form for screening process signed by members who are interested in returning to club
- Water bottles for members and staff with their names on them.
- Reviewed inventory; cleaning and kitchen area.
- Jeff's idea about using the Kitchen window and have a tent on outside, so members can get a lunch.
- Gowns are available from CMH for bathroom detail free of charge to club.
- Install hand sanitizer stations throughout the club. Spanky will help with installing them.
- Wearing masks in clubhouse and designating an area in the CMH parking lot or sidewalk/lawn area for breaks.
- Coordinating with Club Cadillac to have the same plan.
- Fundraising: Sue O. suggested selling something from a distributor. Jeff talked about collaborating with Higher Grounds. We would go taste test and choose a coffee. Then, clubhouse would work on a label for the bag the coffee goes into. Higher Grounds would put our label on the bag of coffee we selected. And we would sell the bags of coffee as a fundraiser.
- Next meeting is Tuesday, July 21st at 10am.

On-Going Business:

- **Bingo:** Sue O. has taken the lead on calling bingo and members who participated have had a lot of fun. Prizes are credits to be used in our Café or towards a club lunch.
- **Pen Pals:** Kathy P. reports "My pen pal is from Florida. Her name is Anya D. She's been a member of Hope Clubhouse for 2 years and works in their business unit. Currently studying American Sign Language. She lives in Cape Coral, enjoys cooking and swimming in the pool. During quarantine: swimming and zooming. Kathy has had successful correspondence with her Floridian pen pal, going on a month of exchanging letters. Kathy also has a pen pal in Massachusetts.
- **Water challenge:** Jeff: "So much water, I can't keep track." Connie: "Increased to drinking 4 glasses since adding crystal light."
- **Zoom:** Meetings include social, discussion on fundraising, advocacy, inventory needed for when club re-opens. Jeff N. and Dannie S. found this web-site for purchasing items needed for club:
<https://www.webstaurantstore.com/restaurant-disposable-supplies.html>
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Member Testimony

I'm thankful that Traverse House has been there with me through my growth as a person, as I have learned new things about myself. Clubhouse has offered me a variety of things to learn and has strengthened my skills. I'm thankful that clubhouse supported my art goals through giving me a scholarship for art classes. Through this, Traverse House has helped further my interests in other fields in which I wouldn't have been able to otherwise.

Members are really encouraging and have helped me dream big and reminds me that people can do big things with their lives. This has helped me grow as a person, to gain friendships and share similar interests with my colleagues at the clubhouse both in clubhouse and in the community. Clubhouse helps me think of good things and has given me hope to be able to achieve my dreams. I feel that I am a more beneficial member of the community because of the relationships I have built and what I have learned from being a member of clubhouse. **By Andrew K.**

I have enjoyed the experience of having two TE Jobs at Traverse House. I worked in the Parking Lot for two summers in a row and I was a Greeter for six months. They helped me build confidence in myself. I also am amazed at what Traverse House is doing while we are closed. It is wonderful that they are doing unit meetings Monday- Friday at 11, zoom (which is a great way to see people face- to- face.), bingo over the phone on Thursdays at 3pm, and delivering food and lunch to people who need it. (Thank you Leslie and Cheryl). I enjoy making outreach calls to members and putting newsletters in envelopes. The staff has been awesome. Thank you, Traverse House staff!! **By Kathy P.**

Director's Corner

We are very excited to announce this week that Traverse House has set a soft open date of Monday July 27th!! This will be an opportunity to return to our physical space and work ordered day.

Phase one of our reopen will include some new processes including: signing up for the days you wish to attend, a capacity of 12 members each day, and operating hours of 9am-1:30pm. Phase two will allow for a morning shift and an afternoon shift with a capacity of 12 members each shift.

Please take time to read through the Clubhouse Reopen Plan and Response Plan. Staff will be contacting members this week to complete a survey so we can identify which members are motivated to return to the Clubhouse space.

Don't worry if you're not ready yet- we have lots of opportunities for at home work! We will still be offering a daily conference call, home visits, zoom calls, and lunch delivery daily. I look forward to seeing you all soon!!
Hannah :)

Culinary Unit

Meals this week of June 15th-19th

Monday: Spaghetti

Wednesday: Sloppy Joe

Friday: Chicken kabobs



Food Coalition Report by Cheryl

There was an update on different programs in the community. The Farm to Table program is who donated cabbages, asparagus, zucchini, carrots, a survey that is going to be coming out, a few questions: what would people like to see? Oryana is donating natural spaghetti sauce.

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

**Statistics for the week of June 8th- 12th:
30 meals and food delivered over 3 days**

Clerical Unit

Thank you to the members and staff who were involved in developing the re-open and response plan along with a questionnaire for members regarding their plans for returning to clubhouse when it re-opens. Thank you to the members involved with the mailings this week; newsletter, re-open and response plan and questionnaire. A lot of information coming your way.

Outreach Statistics for the week of June 8th-12th: 190

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

Mondays & Wednesdays at 2pm

- Set up account at zoom.com, 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+



Mike P. 14th
Jerry F. 17th

Quote from Connie

"Smile broadly,
sing loudly,
paint your
rooms in bold
colors,
search every
rabbit hole
for a magical
white bunny,
have caviar for
breakfast and
oatmeal for
dinner,
wear a purple
coat with a red
hat---
dance lightly
with life.

By Jonathan
Lockwood Huie

Health & Wellness

Spinach by Tyler M.

Spinach helps relieve, prevent, and alleviate symptoms of anemia. Suggested amount is 1 cup per day just spinach but if in spinach dip, more than a cup of spinach will help.



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Jokes By Eric B.

"What did one cow say to the other cow? What? That's a bunch of bull."

"A knight and the dragon fought for a long time. It drag on, drag on, drag on."

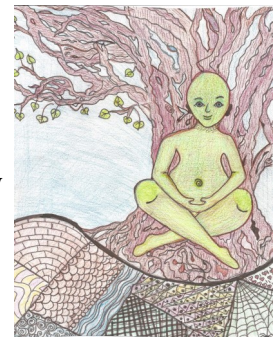
Trivia By Kathy P.

What's the name of Barney and Betty Rubble's son left on the doorstep?
Bam Bam

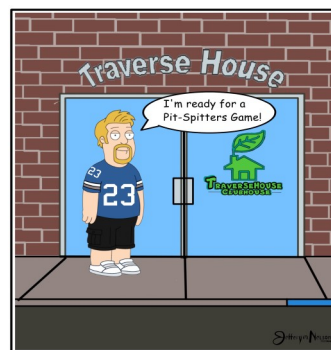
Art Corner



Violet &
Double
Rainbow



"Buddha Quilt"
By Dannie S.



"I'm ready for a
Pit-Spitters
Game." By Jeff N.