

Traverse House Clubhouse

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



Traverse City Weekly Newsletter XVI

Clubhouse News This Week

New Business:

- We'll be starting to work on completing June progress notes with you.
- Happy Independence Day! Be Safe, wear sunscreen, stay hydrated.

On-Going Business:



Club reopen inventory:

- Jeff reported the following: The list is completed for cleaning supplies, PPE-personal protective equipment. Continuing to work on kitchen/café/dining items, comparing prices. No purchases have made yet.
- **Pen-pals:** Nancy reported that her pen-pal, Sarah lives in Massachusetts and attends Plymouth Bay Clubhouse. She has been a member for two years and volunteers at Woodlands Land Conservation.

In Our Community

Stay Tuned: Possible new suicide hotline. The FCC -Federal Communications Commission will be voting on adding this hotline. See web-link for more information.

<https://upnorthlive.com/news/nation-world/fcc-to-vote-in-july-to-make-988-the-suicide-hotline-number>



Health Check - Screening Program

To Enter our Clubhouse, You Must:

- 1. Schedule your visit with staff, IN ADVANCE.**
- 2. Answer a health questionnaire.**
- 3. Wear a face mask.**
- 4. Use hand sanitizer.**
- 5. Get your temperature checked.**

Member Testimony

"My clubhouse rocks! Hello, I'm Steph T. I started coming to the Traverse House about 5 years ago. I was just moving up here to the great north. I was in a bad car accident, hit by a drunk driver. I was banged up pretty good but I made it. My God came to me in my coma. I was lying there seeing if I was going to live or die when God asked me what I wanted to do. 'First, Steph, don't be afraid, it's God. Do you want to be here or in heaven?' I wanted to stay and raise my family. Getting back to the clubhouse, they have helped me put my life back together. I have bipolar disorder, closed head injury. They have helped me get back to being me I am able to live on my own I can do everything I need to do for myself. The best thing is the staff at my clubhouse are always there for me and the other members. I love my club members like family. We try to be a big happy one. So, if you're pretty happy, come join the family at Traverse House. We are always doing something, so come check us out you can call 231-922-2060. See what's up and let us know you want to check it out. If you want Stephany T. to show you around, hope to hear from you soon."

—By Steph T.

"Traverse House gives me a sense of belonging. I feel like the staff and members are a part of me and I am part of you guys, family. The clubhouse helps me to not be so isolated. The clubhouse gets me to be active. I'm grateful because it gets me to be around other people, grow, and be better, to not isolate as much. Reading other members' testimonies about what clubhouse means to them, makes me think of growth."

—By Brenda C.

Director's Corner



We are continuing to work on a survey with members about returning to the Clubhouse space and our results so far are wonderful! Of the members that have completed the survey, 30 have said they're ready to come back, and we have a good balance of members wanting to work in clerical, culinary, and janitorial. We will begin scheduling members for the first week toward the middle of July. I'm so excited to see you all again, and until then, smile BIG under your mask :)

Culinary Unit

Meals this week of June-July

Monday: Reubens

Wednesday: Meatloaf

Friday: Brats-Hamburgers and sides—Celebrating 4th of July

Please NOTE THE FOLLOWING DATES for LUNCHES ONLY DELIVERY due to NO FOOD TRUCKS on the DATES LISTED BELOW:

- **FRIDAY, JULY 3rd**
- **MONDAY, JULY 6th,**
- **WEDNESDAY, JULY 8th**
- **FRIDAY, JULY 10th**

REPEAT: LUNCH DELIVERIES STILL AVAILABLE, just no extra food boxes on the days listed above.

- MONDAY, JULY 13th, Food Rescue will re-open and both lunch and boxes of food will be delivered.

Thank you Cheryl and Leslie for all the delicious lunches and boxes food filled with love!

Statistics for the week of June 22nd-26th
24 meals and food delivered over 3 days

Clerical Unit

Thank you to all who helped make this newsletter possible. Kudos to everyone for the outreach efforts, mailings, calendars, birthday cards and work on putting together an inventory for when club reopens. Good teamwork!

Outreach Statistics for the week of June 22nd-26th:
169 over 5 days

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+



July

1st: Pat R.
7th Justin R.

Quote from Connie

"A true friend is someone who thinks that you are a good egg even though he knows that you are slightly cracked."

By Bernard Meltzer

Recipe of the Week

Uncle Skip's Farmer Dinner

1/2 smoked polish sausage
1 cup sliced carrots
1 cup chopped broccoli
1/2 cup cut onion
1/3 cup bacon (you can cook and then crumble it or just use bacon bits)
2-4 potatoes sliced

And then you fry everything together in a skillet.

Brought to you By Tyler M.

Fun

Jokes By Eric B.

Noses and eyes have a basketball game. The noses blew it.

What did one tree say to another tree? I see you're very poplar!

Trivia By Kathy P.

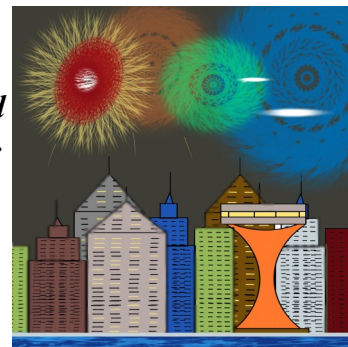
What does a doctor look into with an auriscope? Ears

Art Corner



"Zen Pose"
By Dannie S.

Art Inspired
by Jeff N.



Cherry Festival Fundraiser Over The Years

