

Traverse House Clubhouse



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

Traverse City

News This Week:

Our "stay at home order" began on Tuesday this week. So what does that mean for Traverse House members and staff? For all of us it means that we need to work together and do our best to simply stay home. We must take this order seriously because we all have the power to do our part.

Groceries, toiletries, and medicine are essential- so you may need to leave to purchase those goods. Many pharmacies are now providing delivery to the home or curbside pickup so you don't have to enter the store.

To read the full order go to:

<https://www.michigan.gov/whitmer>

What's going on at the Clubhouse??

Monday, Wednesday, Friday: Leslie and Cheryl are preparing a lunch meal and providing pantry boxes for delivery to member's homes. You can call the Clubhouse by 11am on these days if you are in need of food items. Have a suggestion for lunch? Let us know and we will do our best!

Tuesday and Thursday: All staff are working from home providing outreach calls and Facebook posts.

We are REALLY trying to figure out a call-in daily unit meeting. Unfortunately, the conference call line that was set up does not function like we had hoped. Please stay tuned for more information, we hope to have a daily unit meeting at 11am each day for next week.

A Word from Our Members:

*Vickie B is keeping busy with some different television apps. If you have a smart phone or tablet the app is Pluto TV. She has watched some British TV and a few old movies (silent movies) and Hiding Place the movie about Anne Frank. When is the last time you watched Abbott and Costello or Charlie Chaplin?

Vickie also talked about the importance of having medical information on your phone. If something happens to you, you may not be able to communicate the information necessary for the first responders. You can list your medications and doses on these apps too. Some phones have this built in to them but if yours does not maybe you can try; Medical Wiz – Family Health or The Diary Health App. It is good to be prepared. Vickie gives her best to all. Keep in touch with each other and your family too.

*Jami S reports that she is doing well after her back surgery. She is healing and trying to take life one day at a time. "There is so much out of our control right now," Jami says "I am just focusing on what I can do which is breathe, go outside and take a walk."

*Chris G says "I've been watching Laff TV, crocheting and beadwork, and spring cleaning!"

*Deb C says "I am coloring pictures for my Clubhouse friends!!"

*Lisa agrees that it's really tough to stay home, but she's been passing the time by keeping in touch with her Clubhouse friends through daily phone calls.

Employment Information:

All Traverse House Transitional Employment Placements have been put on hold during this time until we reopen.

Once we are back up and running we will be employing our Greeters and Parking Lot Attendants at NLCMH and our Hagerty Kitchen Stewards.

We understand that many members have been laid off from their place of employment. Below are some common questions about applying for unemployment insurance:

What will I need to apply for unemployment?

You need your Social Security number; your employment information for the past 18 months, including your employer's name and address, first day and last day you worked, and the amount you earned; your address; phone number; date of birth; and your driver's license or state ID.

How long do unemployment benefits last?

Benefits were increased from 20 to up to 26 weeks.

Do I have to show that I am still looking for work during this time?

No. Those requirements have been waived.

How do I file for unemployment?

Call 1-866-500-0017, or go online to:
<https://miwam.unemployment.state.mi.us>

Wellness Activities at Home:

By now, we are all feeling the challenges of staying home and not going about our usual daily routine. Below are some suggestions to stay active, stay positive, and stay healthy.

*Break up long periods of time by moving every hour for 10-15 minutes, even if it's just around the house, up and down the stairs, or to the end of the driveway.

*Dance to your favorite song- music uplifts your mood and gets you moving.

*Take a walk outside- having the sun on your skin not only provides the key nutrients you need to keep your immune system strong but it also stimulates your brain and senses, causing you to feel more joy and bliss.

*Drink lots of water- sometimes it's easy to forget to hydrate.

*Keep it simple- set one goal each day. It's important to maintain a sense of motivation and work toward something!



Food Rescue continuing to work hard providing deliveries to Traverse House!

Phone: 231-922-2060 trahse06@yahoo.com Facebook– Advocat Travrse HCh

<http://www.traversehouse.org>

Important Numbers:

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