

# Traverse House Clubhouse

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



## Traverse City Weekly Newsletter XXII

### Clubhouse News This Week

#### New Business:

- **Cook out on Friday, August 21st at 3:00pm on the campus of Northern Lakes Community Mental Health.**
- **Food Box Delivery Days: TUESDAYS & THURSDAYS.**
- **Call club between 9-11 to place order**
- **Home Visits are now available.**
- **Virtual "Walk - A - Mile" video clips are being prepared.**

#### On-Going Business:

Advisory Board Report By Sue O.,

- The National Conference is scheduled for October on Zoom. We are waiting on a cost. Traverse House would like to present, but we have not been asked.
- We want good wellness for the club, Members are doing a terrific job working remotely and in the club.
- More information will be discussed at the House Policy Meeting on Thursday.

**Zoom:** Join us on Mondays and Wednesdays at 3pm on the zoom call. Topics: Community Awareness, Wellness, Fundraising, Advocacy and more.

### Culinary Unit Meals this week of August 17th-21st:

**Monday:** Chicken Breast Sandwich, Corn on The Cob, Pasta Salad with Veggies and a Cookie.

**Tuesday:** Nachos with Chips

**Wednesday:** Veggie Dish over Pasta or Rice

**Thursday:** Spaghetti with Meatballs, Garlic Bread 🍞, and Salad

**Friday:** Leftovers

**Call club between 9-11 to get your order placed.**

**Lunches: \$1.50. Lunch tickets are \$7.50 and \$15.**

**Lunch Delivery every day.**



### Walk A Mile

Sue, Jeff, and Justin were busy this week shooting video clips for the Walk A Mile event on September 29th. Tune in to see how well they represent Grand Traverse and Leelanau counties!!



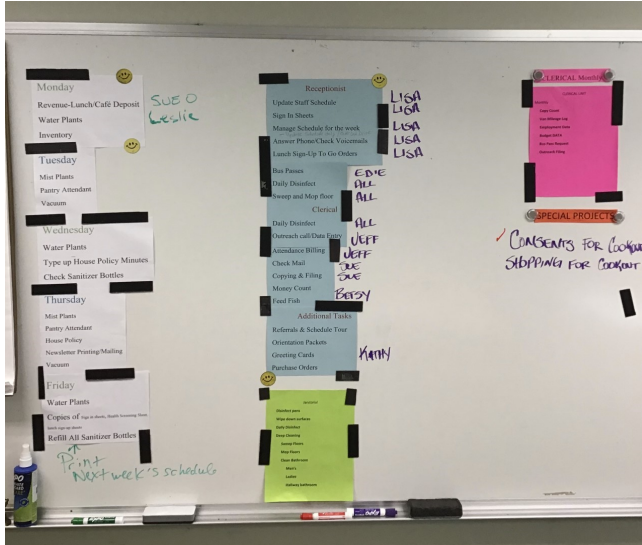
### Director's Corner

As I enter the Clubhouse each day, there are members outside the door waiting to come in and get to work. Everyone says "good morning" to each other, and the smell of coffee begins to filter through the air. I hear the Clubhouse phone ring and Lisa or Chris answers "Traverse House, how can I help you?"

As the day goes on, the sound of pots and pans begin to fill the background, and the sizzle of the days lunch make our mouths water. I can hear fingers busily typing and see members chatting away as they work together. This is the sound of our Clubhouse- a space that is ready to welcome you back when you're ready.

## Clerical Unit

There are many opportunities for member involvement in the clerical unit! We have been working hard to manage attendance billing, accounting, all scheduling, reception duties, lunch sign up, and special projects. We had a busy week with many new members who rejoined the physical space. Give us a call if you'd like to come in and assist!



## Education

I registered for fall classes on August 14th. I plan on taking Sociology to improve on my overall grade point average. I found other Masterclasses; Samuel L. Jackson talks about his life and how he gets ready to play roles some of the roles we see him in in movies. *By Jeff N.*

## Fun

Jokes By Eric B.

One lamp said to the other lamp,  
"You light up my life."

Trivia By Kathy P.

What are the three states of matter?  
Solid, Liquid, and Gas

## Quote from Connie L.

"Hope is like a bird that senses the dawn and carefully starts to sing while it is still dark." Unknown Author

## Happy Birthday



17<sup>th</sup> Lindsay M.  
21<sup>st</sup> Mark P.  
22<sup>nd</sup> Martha R.



## Creative Corner



## Daily Unit Meeting

Monday-Friday at 9:30 am

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

## Zoom

Mondays & Wednesdays at 3pm

- Set up account at zoom.com, using your email and create password
- Meeting ID: 86123508597
- 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+

## DAY 235 OF COVID 19

Shirley Nagan



The day we should have paid attention to Nostradamus.