

TRAVERSE HOUSE CLUBHOUSE

Traverse City Weekly Newsletter XXV

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



Clubhouse News This Week

New Business:

House Policy Report

- This week we discussed creating an employment celebration to recognize our members who are working in the community currently. If you are interested in helping with interviewing our employed members, or putting together gift bags- please call Clubhouse and speak with Hannah.
- We also briefly started the conversation about in house dining, and offering lunch to eat in the dining room. We will continue this conversation over the month of September.

On-Going Business:

- Home Visits are available.
- Lunch Delivery available daily for a \$1.50. Tickets can be purchased for \$7.50 or \$15.00.
- Pantry Box Delivery Tuesday & Thursday. Call club at 922-2060 by 11am.
- Pantry is Open Tuesday & Thursday 12-1.
- Education:** Registration at N.M.C. for Spring 2021, Begins Wednesday, Oct. 21, 2020. Let Hannah, Erin, or Jeff know if you are interested in taking a class. Educational grants are available to all members.
- Employment:** Are you interested in obtaining employment? If so, please call Clubhouse and we can help you to get started. From creating a resume, to sharpening interview skills, to completing applications online- we are here to help!
- Zoom: Join us on Mondays and Wednesdays at 3pm on the zoom call.

Home Visits



Home Sweet Home

Pete W. reports that he is loving his new home. Pete moved about a month ago, and has taken time to get settled in. "The space is great, the food is wonderful, and I am enjoying socializing with other residents."

Out to Eat with Jeff
Holly enjoyed meeting Jeff N. at McDonalds last week. They were able to visit face-to-face and grab a bite to eat!



Front Porch Sitting

Kathy P. enjoyed the weather with Holly last week. They watched as people ran at the civic center. Kathy has been busy assisting with outreach calls, newsletter mailings, and zoom meetings for Clubhouse!!

Education

Jeff was awarded a \$425.00 educational scholarship from the Traverse House this fall so that he could continue his education at Northwestern Michigan College. He was also awarded financial aid through the college to continue taking classes and finish his degree in Communications which he hopes to use to spread the message of the Traverse House Clubhouse. Go Hawk Owls!



Directors Corner

Tuesday November 3rd is our Presidential Election



Culinary Unit

The Food Coalition is offering a box of 100 shoes! This will be coming to us at the end of September. The box will include different sizes of shoes and different styles of tennis shoes and boots. Please let us know if you are interested or in need!

In the month of August, we had 30 pantry box deliveries to members!!

If you are in need of a pantry box- please call Clubhouse for a Tuesday or Thursday delivery.

Jokes By Eric B.

Why did the Dentist join the army?
He wanted to be a Drill Sergeant



10th Edie S.
13th Abe F.

Quote from Connie L.

“Realistic thinking is where real hope is found; helping us hit the right balance between realism and aspirations.”
—M.P. Neary

Clerical Unit

In August, we provided 853 outreach calls, Facebook messages, and home visits to members!

We had contact with 75 members in August

Our average daily attendance was 23 members daily last month.

Trivia By Kathy P.

What is the smallest breed of a dog?

A Chihuahua

Free!!!- In working condition



Stereo with two speakers, radio and double cassette deck + record player available for pickup at Traverse House. Let me know if you are interested.

Erin Dunner- 231-360-4443

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 284 OF COVID-19



Labor Day Cook Out & Home Visits



Autumn Healthy Recipes

Connie's Easy Carmel Apples

You will need:

- (6) craft sticks
- (6) medium apples
- 1 (14 oz.) bag of individually wrapped caramels.
- 2 TBSP milk

- 1) Butter a baking sheet.
- 2) Wash apples good to remove wax so that the caramel will stick better.
- 3) Remove stem from each apple and press a craft stick into the top.
- 4) Place caramels and milk in a microwave-safe bowl and microwave 2 minutes- stirring once after first minute...allow to cool briefly.
- 5) Roll each apple quickly in caramel sauce until well coated. Either place on prepared cookie sheet, or roll in toppings and then place on cookie sheet to set.
- 6) Refrigerate for 15 minutes and serve or put into individual cellophanes.

Optional toppings: Crushed oreos; chopped peanuts or pecans; chopped candy bars such as Butterfingers; crushed Graham crackers with ground cinnamon; shredded coconut; crushed pretzels; mini M&M's; sprinkles; flaky sea salt; marshmallow bits, or you can drizzle with melt-

ed white chocolate, dark chocolate or milk chocolate on top of the caramel.



Hannah's Honey Glazed Carrots

You will need:

- Salt
- One Pound Baby Carrots
- 2 Tablespoons Butter
- 2 Tablespoons Honey
- 1 Tablespoon Lemon Juice
- Black Pepper
- 1/4 Cup flat leaf parsley

In a medium saucepan, bring water to a boil. Add salt and then carrots and cook until tender, 5 to 6 minutes. Drain the carrots and add back to pan with butter, honey and lemon juice. Cook until a glaze coats the carrots, 5 minutes. Season with salt and pepper and garnish with parsley.



This week at Traverse House we received some wonderful rainbow carrots! If you would like to make this recipe, just call Clubhouse and we will bring you some carrots for free!

