

TRAVERSE HOUSE CLUBHOUSE

Traverse City Weekly Newsletter XXVII

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



Clubhouse News This Week

New Business:

- **House Policy Report:**
- We decided that on October 5th, our in-house capacity will increase to 10 members on-site. Please remember to call ahead to sign up!
- October 5th will also be the day that in-house dining will be available. We will have 5 members at a time in the dining room enjoying lunch together.
- Please take a look at the enclosed October Calendar for some exciting social recreation activities!! Call the Clubhouse to sign up.

On-Going Business:

- **Club Open Monday-Friday 8am-1:30**
- 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
- Zoom: Join us on Mondays and Wednesdays at 3pm on the zoom call. Discussing community partners, advocacy, fundraising, health & wellness, sharing recipes...

Directors Corner

We are ready for the Clubhouse National Conference this year! We have 8 member colleagues who will be attending, all 4 staff, and 2 advisory board members. This is a great opportunity to learn from Clubhouses around America on how they are managing new barriers with COVID, and ideas around the hybrid Clubhouse model. Stay tuned for great ideas and information to be shared following the conference.



Member Poem

"A Cry for Help"

When I walk the streets at night,
I always hear a cry for help.
There's homeless people everywhere.
And no one really seems to care.
They're crying out for love and affection.
And all they get is a lot of rejection.

-Chris Grelick, 12/8/1994

Housing Success

AJ was experiencing homelessness for almost three years. She applied for a housing voucher, worked with a housing navigator, and after connecting with a fellow Clubhouse member through mutual friends- she finally has a stable place to live! "I felt happy and joyful to have my own space. To know that I could work and then come home to relax."

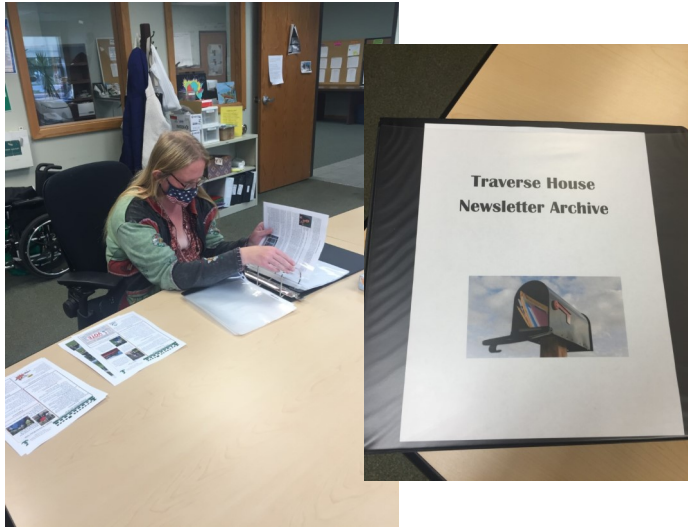


Pete W reports that he is doing great at his new home! He says "hello" to all of the Clubhouse colleagues.

We still have some members who are experiencing homelessness. If you have information or ideas on available, affordable places to live please contact Hannah at Clubhouse.

Clerical Unit

This week Erin worked on creating a binder to chronicle all of our newsletters from the past 27 weeks! This features our weekly accomplishments and the history of Clubhouse during Covid.



Quote from Connie L.

"I can is 100 times more important than IQ."

—Unknown



23rd Kathy H
24th Nick A.
25th Rob S.

Culinary Unit



Mark P. has rejoined the Clubhouse kitchen!! He has been attending daily to help lead our culinary unit. Keep up the great work Mark!!

Jokes By Eric B.

When is a door not a door? When it's ajar.

Trivia By Kathy P.

Which blood type is the rarest in the humans? AB negative

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:

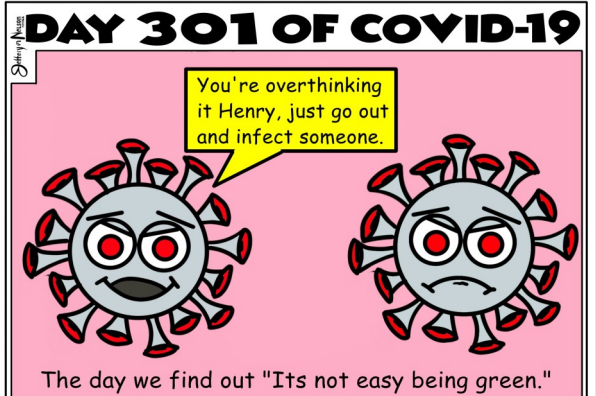
1-833-295-0616 or 1-800-422-7315 or 911

Suicide Talk Line: 1-800-SUICIDE or 1-800-273-TALK+

Creative Corner



Hand down cat by Dannie S.



You're overthinking it Henry, just go out and infect someone.

The day we find out "Its not easy being green."

Healthy Recipe of the Week

It's apple season!!



Cider

Connie's Hot Spiced Apple

Ingredients:

8 cups fresh apple cider or apple juice

2 teaspoons ground cinnamon

1/8 teaspoon grated nutmeg

4 whole cloves

1 orange cut into slices

8 cinnamon sticks

1 cup sweetened whipped cream

How to make it:

Step 1

Heat the cider, cinnamon, nutmeg, cloves and orange slices in a 3-quart saucepan.

Cook over medium heat for 5 minutes or until the mixture is hot, stirring occasionally.

Step 2

Strain the cider into a heatproof pitcher or 8 individual mugs. Garnish with cinnamon sticks and whipped cream, if desired.



In the Community



Sojourn Church is sponsoring the annual "TC Cares Day"
Saturday, October 3rd
10 AM- 4 PM.

This is a drive-thru/walk-thru event offering free supplies and community resources to those in need.

HARVEST BIBLE CHAPEL
1669 S GARFIELD AVENUE | TRAVERSE CITY, MI 49686
This location is conveniently located near a BATA station.

Information will be available on how to connect with area agencies year-round, including:

Poverty Reduction Initiative,
Help Link,
Goodwill,
Department of Human Services,
Disability Network,
Love They Neighbor,
Father Fred,
NLCMHA,
and others.

Items offered include:

Non-perishable food pantry,
a bagged lunch,
health and hygiene pantry,
new or gently used winter outerwear,
and coupons for oil changes, haircuts, chiropractic care and manicures.

Donations are welcome. Services are available to anyone in the Traverse City area without restriction.

Please see website for details--<https://tccaresday.com/> or visit the
Facebook page at "TC Cares Day."

Spread the word!

Information provided by Kim Silbor