

TRAVERSE HOUSE CLUBHOUSE

Traverse City Weekly Newsletter XXVIII

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



Clubhouse News This Week

New Business:

House Policy Report:

- In-House dining will begin on Monday October 5th. We will be purchasing an air purifier for our dining room to increase safety and minimize risk as much as possible.
- We are increasing our capacity to 10 members at any time inside the Clubhouse space.
- Currently, we can transport one member at a time. We have discussed increasing this to 2 members at a time, and will be reaching out to NLCMH to inquire about installing a barrier in the van. Passengers would be sitting in different rows of the van.
- The remote unit meeting will now begin at 10am daily instead of 9:30am. This change takes place on Monday October 5th.

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...

Employment Recognition



Members have been working hard toward our employment recognition celebration! We are meeting weekly to gather interviews, photos, and videos of our employed colleagues. This project is expected to be complete by the end of October. Pictured above is Kathy P. enjoying a home visit with Eric B. and Alex F. – Kathy assisted with their interviews, both are employed at GTI.

Director's Corner

Happy October!! We have been open successfully for 2 months and are still operating as a hybrid Clubhouse. It is important for us all to remember to wear a mask when in the community, and most importantly, please stay home if you are not feeling well.

We are also getting ready for the National Clubhouse Conference this week! Members and staff are excited to participate and share knowledge from Clubhouses around America on best practices and new ideas.



**MAKE A PLAN
TO VOTE**

Michigan.gov/VOTE

#MIPlan2Vote

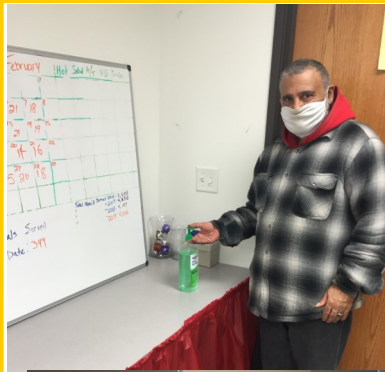


**MICHIGAN
DEPARTMENT OF STATE**

Culinary Unit

Quote from Connie L.

"You don't always need a plan. Sometimes you just need to breathe, trust, let go and see what happens."
---Mandy Hale



We have been busy getting prepared for in house dining starting on Monday October 5th!! Mark P. is demonstrating how to sanitize your hands when you enter and leave the dining room. James R. is showing how members will be seated at individual tables with a water bottle, silverware, and a napkin for lunch. There will be 5 tables, one member at each, for lunch service. Finally, members will utilize our silverware and dish cart to dispose of used silverware and plates at the end of their meal.



October
6th Richard R.
10th Jennifer S.

Jokes By Eric B.

What does the sun say to itself?
Boy, I'm bright.

Trivia By Kathy P.

What is the tiny piece at the end of a shoelace called? *An Aglet*

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 Travers Hch

Web: www.traversehouse.org

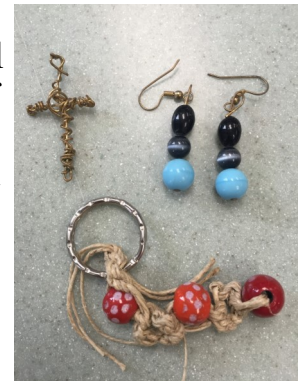
CMH Crisis Line:

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

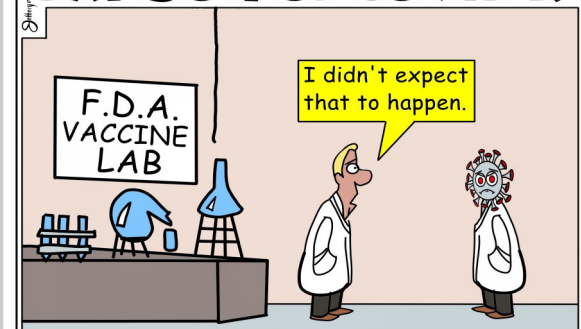
Suicide Talk Line: 1-800-SUICIDE or 1-800-273-TALK+

Creative Corner

Chris G makes all different types of jewelry. This week she showed off a keychain, earrings, and a cross.



DAY 304 OF COVID-19



Healthy Recipe of the Week

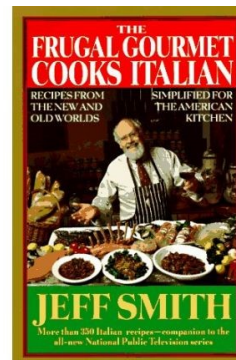
Jeff Smith Frugal Gourmet Sausage & Spinach Meatballs

2 pounds Italian Sausage or a pound each of ground chuck & one pound sausage
1 large yellow onion, peeled and chopped
1 package or 10 oz. frozen spinach, defrosted, drained and squeezed dry
Salt and pepper to taste
1 cup ricotta cheese
2 eggs
1/8 teaspoon nutmeg
2 tablespoons olive oil
1/2 cup dry white wine
1 cup chicken broth

Mix together all the ingredients, except the white wine and oil.

Form into meatballs and brown in oil on all sides. Add the white wine, cover the pan, and allow to simmer for 20 minutes. You may need to add more wine so the pan does not dry out. Serve with vegetables, pasta or rice, and a large green salad.

Serves 6 to 8.



German Pancake- Small Batch

3 eggs
1/2 cup milk
2-3 Tablespoons sugar
1/4 teaspoon salt
2 Tablespoons melted butter
1/2 teaspoon vanilla
5 Tablespoons flour
1 – 2 apples peeled, sliced & sauté

Whisk eggs; add milk, sugar, vanilla & flour.

Spray 8 X 8 inch pan melt butter in bottom of the pan. Add apples before adding to pan. Pour batter over the bottom of the pan. At 400* bake for 14 – 20 minutes until fluffy and golden brown then sprinkle with powder sugar.



Cold Sesame Noodles Tyler Florence

12 ounces angel hair pasta
3 tablespoons dark sesame oil
2 tablespoons peanut oil
1-inch piece fresh ginger, minced
3 garlic cloves, minced
1 teaspoon red chili paste, such as sambal
1 lime, juiced
2 tablespoons brown sugar
1/2 cup creamy peanut butter
3 tablespoons rice vinegar
3 tablespoons soy sauce
6 tablespoons hot water
1 tablespoon toasted sesame seeds
2 green onions, thinly sliced on the diagonal (*Omit cilantro)



Cook the noodles in large pot of boiling unsalted water over medium heat until barely tender and still firm. Drain immediately and rinse with cold water until cold. Drain the noodles really well and transfer to a wide bowl; toss with the sesame oil so they don't stick together. Chill.

In a blender combine the peanut oil, ginger, garlic, chili paste, lime juice, brown sugar, peanut butter, vinegar, soy sauce, and hot water. Blend. Toss the noodles with the peanut sauce until well coated. Serve at room temperature or chilled; garnish with the sesame seeds, green onions, - Food Network

*Honoring Supreme Court Justice Ruth Bader Ginsburg
Served from 1993-2020*

"Fight for the things that you care about, but do it in a way that will lead others to join you."---Ruth Bader Ginsburg



Ruth Bader
was born in

Ginsburg
Brooklyn,

New York on March 15, 1933. She served on the District of Columbia Appeals Court from June of 1980 until she was appointed Associate Justice of the United States Supreme Court by President Clinton in 1993; being only the 2nd female to have that honor. She spent much of her legal career as an advocate for gender equality and women's rights. She had numerous accomplishments and awards over her lifetime. She died on September 18, 2020, at the age of 87 from complications of pancreatic cancer.

