

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:

We are offering dining service daily now! We have had an increase on the number of lunches ordered, and members are enjoying eating lunch together again.

The Clubhouse National Conference takes place on Thursday 10/8 and Friday 10/9. Traverse House has 12 participants this year!! We will be reporting on what we learn, and we also have the ability to watch a workshop together over lunch in the weeks to come!

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...

Wellness Recipe

CROCK POT SESAME CHICKEN

1 1/2 pound boneless/
skinless chicken breasts
1/2 cup honey
1/4 cup soy sauce
2 tablespoons dried onion
2 tablespoons ketchup
1 tablespoon oil
1/2 teaspoon garlic powder
2 teaspoons cornstarch dissolved in 3 Tablespoons water
Sesame seeds



Put chicken into crock pot.
Combine honey, soy sauce, onion, ketchup, oil, and garlic.
Pour over chicken.
Cook on low for 3-4 hours or on high 1 1/2 – 2 1/2 hours,
or just until chicken is cooked through.
Remove chicken from crock pot, leave sauce.
Dissolve 2 teaspoons of cornstarch in 3 tablespoons of
water and pour into crock pot. Stir to combine with sauce.
Replace lid and cook sauce on high for ten more minutes
or until slightly thickened. Cut chicken into bite size pieces
and return to crock pot - can leave chicken in and simmer
on low or serve. Sprinkle with sesame seeds and serve
over rice.

Director's Corner

October has been a very busy month so far! Each day this week, we have had to turn away members due to being at capacity. It is very important to call the Clubhouse and sign up for the days you would like to attend, and to also make sure that you follow through with attending the days you've signed up for. Remember, we won't have to operate this way forever—I look forward to the day when the Clubhouse doors are WIDE OPEN and all of the members can join again!

Halloween In Clubhouse Social Activities

Friday, October 23rd 1:30-4
*Decorating, pumpkin carving, painting, fun

Friday, October 30th 1:30-4
*Wear your costume and join our party!

**Limited space for BOTH events.
Call clubhouse to sign up!**

Download from Dreamstime.com

Culinary Unit

This week we said GOODBYE to our old fridge/freezer. It served us well, but was past repair.



A BIG thank you to Temperature Control for delivering our NEW 2 door freezer, and refrigerator!!

Now we have lots of space to stay organized in the culinary unit.



Quote from Connie L.

"Elections belong to the people. It's their decision. If they decide to turn their back on the fire and burn their behinds, then they will just have to sit on their blisters."

—Abraham Lincoln



October

6th Richard R.
10th Jennifer S.
15th Lisa W.
18th Dennis H.

Clerical Unit

This week we have been working getting all of our statistics up to date. In September, we had an active daily attendance of 20 members and 75 active members.



Mary

D

joined the reception team this week! We are so happy to have her back in the Clubhouse. *space,*

Jokes By Eric B.

Did you hear about the guy with big feet?
He likes foot long subs

Trivia By Kathy P.

Halloween was first celebrated by who?
Druids

Daily Unit Meeting

Monday-Friday at 10 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:

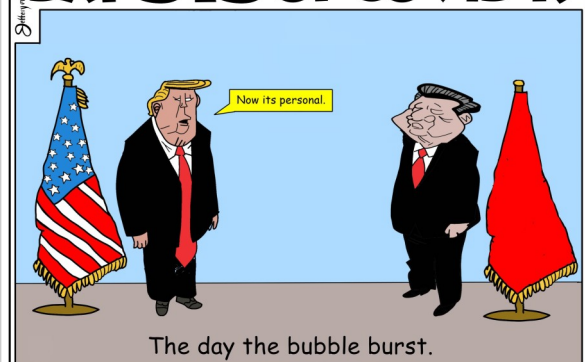
1-833-295-0616 or 1-800-422-7315 or 911

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



Creative Corner

DAY 313 OF COVID-19



2020 Election: Voting

CITIZENACTIONUSA.COM		
2020 PRESIDENTIAL VOTER GUIDE		
TRUMP PENCE REPUBLICAN	BIDEN HARRIS DEMOCRAT	
YES	Reopen Businesses And Schools	NO
YES	National Guard to Quell Riots	NO
YES	China Poses A Threat	NO
NO	Increased Gun Control	YES
NO	Redirect Police Funding	YES
YES	Parental Choice In Education	NO
YES	Photo ID Required To Vote	NO
NO	Release Criminals Without Bail	YES
NO	Increase Personal Taxes	YES
NO	\$4 Trillion in New Taxes	YES
YES	Save Coal and Gas	NO
YES	Finish the Wall	NO
YES	Build Up Military	NO
NO	Late Term Abortions	YES

NON-PARTISAN - NOT AN ENDORSEMENT OF EITHER CANDIDATE

The final two Presidential Debates will be Live on tv from 9pm-10:30pm on:

Thursday, October 15th

- **Location:** Adrienne Arsht Center for the Performing Arts, Miami
- **Moderator:** Steve Scully of C-SPAN
- **Format:** This debate will be a town-hall style event.

Thursday, October 22nd

- **Location:** Belmont University, Nashville
- **Moderator:** Kristen Welker, the debate series' only woman journalist, is a White House Correspondent for NBC News, as well as co-anchor of "Weekend TODAY."
- **Format:** The format will be identical to the first presidential debate

Information about Location, Moderator and Format from CBS news website:
<https://www.cbsnews.com/news/presidential-debates-2020-schedule-topics-biden-trump/>