

TRAVERSE HOUSE CLUBHOUSE

Traverse City Weekly Newsletter 31

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



Clubhouse News This Week

New Business:

House Policy Report:

- We met on Tuesday 10/27/20 and had discussion about our hours of operation and our capacity limits. Some members voiced that they feel we should decrease our capacity slightly from 10, and some members voiced that they feel 10 is manageable. We are going to discuss this item again on Thursday 10/29 at 11am.
- We made decisions about our social events in November. Members decided that we will be open on Veterans Day 11/11 from 10-12:30pm. We will also be open on Thanksgiving Day from 12-2:30pm. We will be closed this year the day after Thanksgiving on 11/27.

On-Going Business:

- **Club Open Monday-Friday 8am-1:30**
- **Home visits available by way of Zoom.com**
- 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

We are in the process of continuing to gather employment data and testimonies from our members who are employed. Below are some pictures of our hard-working members!



Martha enjoying teaching her class



Natasha working at the Sara Lee Bakery

Director's Corner

What a week it's been! Traverse House successfully made hard decisions about closing our physical space for a few days due to a very low-risk close contact exposure. Thankfully, test results came back negative and we were able to reopen on Tuesday 10/27!

The members that attended the National Con-



ference have been discussing the different workshops we attended. A presentation is still in the process of being organized, but there are some great ideas about virtual fundraisers, virtual wellness activities, pursuing technology grants, and how to better organize our work ordered day opportunities both virtually and on-site, and how to brighten our education area and housing resources. If you have ideas, please make sure to call the Clubhouse or come in!

Vote Vote Vote

This week marks the final chance to submit your vote! Early voting is open, you can drop off your ballot at drop boxes. For more information on former Vice President Joe Biden and his position on mental health and people with disabilities please visit:

Joe Biden.com

For information on President Trump please visit promiseskept.com

Culinary Unit

We have been busy with in-house dining and daily food deliveries!!

We do not have an update on the donated shoes from the food coalition, but will let members know as soon as we do.

We are working with the food coalition to obtain pies this year for Thanksgiving and turkeys. Starting next week, please call the Clubhouse if you are interested in getting a pie delivered!



Quote from Connie L.

"Just say Yikes and move on."

---Unknown



<https://picsart.com/i/sticker-stickers-329971875005211>



October

22nd Cheri. M.
29th Nancy L.

Clerical Unit

Thank you to Kathy P., Connie L., Jeff N., Dannie S., and Stephany T. for your hard work and dedication to the clubhouse work ordered day! Your efforts and dedication to outreaching and visiting your fellow colleagues and the contributions you have made to the weekly clubhouse newsletter have been stellar and a reflection of great team work in this time of operating a hybrid clubhouse. Your leadership with the remote work is exemplary. I'm proud of you all. —Holly B.

Updates in house: Added to daily opportunities is checking the clubhouse email. Added to Friday's opportunities is data entry for Bingo winners and our food/lunch deliveries. Keep up the good work with maintaining our statistics.

Jokes By Eric B.

What did one ice cube say to the other ice cube?

Stop giving me the cold shoulder

Trivia By Kathy P.

What was the original title for Disney's Hocus Pocus?

Halloween House

Daily Unit Meeting

Monday-Friday at 10am

- Conference Call number: 1-712-775-7031
Access code: 602-439-844#
- *Same number for 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



Pumpkin Decorating Party on Thursday the 29th!

DAY 297 OF COVID-19



Health & Wellness Tip for the week

Childhood Immunizations

- All children need to be immunized in order to prevent disease. Children who get their vaccines on time will be safe from many diseases.
- Your baby should be immunized at these ages:

Birth

- 2 Months
- 4 Months
- 6 Months*
- 12-15 Months*
- 18-24 Months*
- *All children 6 months through 18 years should get a flu vaccine every year

Adult Immunizations

- Vaccines are just as important for adults as they are for children. Many adults assume that the vaccines they received as children will protect them for the rest of their lives, which is generally true, except that:
- Some adults were never vaccinated as children
- Newer vaccines were not available when some adults were children
- Immunity can begin to fade over time
- As we age, we become more susceptible to serious disease caused by common infections (i.e. flu, pneumococcus)
- The Michigan Department of Community Health (MDCH) and the CDC recommend the following immunizations for adults:
- Hepatitis B
- Influenza (Flu)
- Measles, Mumps, Rubella (MMR)
- Pneumonia
- Hepatitis A
- Tetanus, Diphtheria, Pertussis (Tdap)
- Chickenpox (Varicella)
- Shingles (Zoster)
- Meningococcal (Meningitis)
- Human Papillomavirus (HPV)

<http://www.gtchd.org/530/Immunizations>

Recipe of the week
-Submitted by Dannie S.

Ultimate Ginger Cookie

2 1/4 cups all-purpose flour
1 teaspoon baking soda
2 teaspoons ground cinnamon
1 1/2 teaspoons ground cloves
1/2 teaspoon ground nutmeg
1/2 teaspoon ground ginger
1/4 teaspoon kosher salt
1 cup dark brown sugar, lightly packed
1/4 cup vegetable oil
1/3 cup unsulfured molasses



Ingredients

Granulated sugar, for rolling the cookies

Directions

Preheat the oven to 350 degrees F.

Line 2 sheet pans with parchment paper.

In a large bowl, sift together the flour, baking soda, cinnamon, cloves, nutmeg, ginger, and salt and then combine the mixture with your hands.

In the bowl that an electric mixer fitted with the paddle attachment, beat the brown sugar, oil, and molasses on medium speed for 5 minutes. Turn the mixer to low speed, add the egg, and beat for 1 minute. Scrape the bowl with a rubber spatula and beat for 1 more minute. With the mixer still on low, slowly add the dry ingredients to the bowl and mix on medium speed for 2 minutes. Add the crystallized ginger and mix until combined.

Scoop the dough with 2 spoons or a small ice cream scoop.

With your hands, roll each cookie into a 1 3/4-inch ball and then flatten them lightly with your fingers.

Press both sides of each cookie in granulated sugar and place them on the sheet pans.

Bake for exactly 13 minutes.

The cookies will be crackled on the top and soft inside.

Let the cookies cool on the sheets for 1 to 2 minutes, then transfer to wire racks to cool completely.