

TRAVERSE HOUSE CLUBHOUSE

Traverse City Weekly Newsletter 32

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



Clubhouse News This Week

New Business:

• **Advisory Board Report:**

Sue O reports that the new fiscal year began on October 1st. We discussed the National Conference with our Advisory Board and all agreed that it was a great experience attending virtually. We also discussed partnering with AFC homes and the Villa for zoom calls with members who are not attending Clubhouse on-site.

• **Home visits available by way of Zoom.com (virtual face to face contact) or Facebook Messenger Video Chat?**

Let's stay connected by adding this virtual face to face connection in addition to calls, text, Facebook messenger. Help us by completing the zoom survey:

1. Are you interested in having remote face to face contact?
2. Do you have a smart phone/tablet/notebook/lap-top/computer?
3. Do you have access to internet or need AFC assistance?
4. Are you interested in zoom training?
5. Are you interested in Facebook Messenger Video Chat?

Zoom

Mondays & Wednesdays at 3pm

- Set up account at zoom.com, using your email and create a password
- **Meeting ID: 86123508597**
- **Enter Password: "Clubhouse"**
- Join us in discussing community partners, advocacy, fundraising, health & wellness, sharing of recipes, social time.

In Our Community

Laundry Project

1st & 3rd Thursdays 8:30 - 11:30 am	2nd & 4th Thursdays 8:30 - 11:30 am
Traverse City Laundry 1131 S. Garfield Ave. (Garfield Plaza)	Eastfield Laundry 1122 E. 8th Street
2020 October 15 November 5 November 19 December 3 December 17	2020 October 8 October 22 November 12 **November 26** December 10 **December 24**

Unavailable Due to Holiday

Drop in Laundry for those in need, available for day & times above.
For any further question please call/text Allison at (231) 714-4578 or
apopa@nmcaa.net.

Director's Corner

All Clubhouses around the world have felt the impact of COVID-19. Traverse House acted quickly in March when we had to close our physical space. Over the past 8 months, we have continued to offer support and opportunities for our membership. We developed a weekly newsletter with updates, pictures, and important announcements. Through the efforts of members and staff, we have offered 5,684 outreach contacts since the closure in March. Our meal and pantry box deliveries total 913 through the end of October. There are 36 members currently employed, and 3 continuing their education. Plus, Traverse House has been successful in offering a safe, clean, socially engaging, and purposeful environment on-site since we reopened in August. It goes without saying, these efforts and successes would not be possible without the commitment and dedication from our strong and resilient membership. We may have a long road ahead, but I'm certain that no matter the challenge Traverse House will come together and continue supporting each other and working toward our goals! I am grateful and honored to be your Director- keep up the AMAZING work! -Hannah :)

Culinary Unit

Thanksgiving all week!! Beginning on Monday November 23rd we will be celebrating the Thanksgiving holiday daily over lunch. Please make sure you sign up with reception to come in for the meal, or get signed up for lunch delivery and we will bring the meal to you!!

Time for PIE SIGN UP! Please call reception if you are interested in getting a pie this year.



Members enjoyed playing Bingo together at the Halloween Party this year :)

Quote from Connie L.

"Even when we can't control the situation around us, we can always choose where we're directing our attention."—

Liz Stanley, PHD



November

2nd Brian Dud
9th Michele S.
12th Cheryl A
15th Richard St
16th Crystal T.

Clerical Unit

Update on Remote Clerical opportunities:

- Outreach: calls, texts, Facebook messenger
- Newsletter contributions/input
- Leading the morning unit meeting
- Choosing Monday & Wednesday zoom call topics.
- Helping with surveys
- Create greeting cards

**Reminder to members who are not in clubhouse and for members who are taking a day off from in house club work; All are welcome to join in the remote work of the clubhouse. The more the merrier. What other remote clubhouse opportunities are you interested in?

Join: Kathy P., Dannie S., Jeff N., Connie L and others.
We need your help, too!!!

Jokes By Eric B.

What did one bowl of goulash say to the other bowl of goulash?

It's kinda of chilly in here.

Trivia By Kathy P.

What meats were served at the first Thanksgiving Celebration?

Venison, Swan, Duck and Goose

Daily Remote Unit Meeting

Monday-Friday at 10am

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

231-922-2060

email: trahse06@yahoo.com

Facebook: Advocat Travrse Hch

Web: www.traversehouse.org

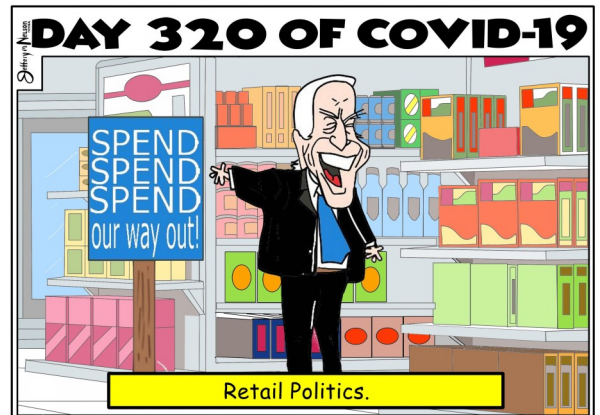
- Lunch Delivery available daily for a \$1.50
- Tickets can be purchased for \$7.50 or \$15.00
- Pantry Box Delivery Tuesday & Thursday
- Pantry is Open Tuesday & Thursday 12-1
- **Call club at 922-2060 by 11am.**

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



Stephany T. enjoyed dressing up at our Halloween party. She posed with the pumpkins we decorated this year!



Health & Wellness Tip for the week Submitted by Dannie S.

Diabetes: Symptoms

This article will only tackle symptoms & next newsletter will be on solutions. Back in 1998, newly diagnosed with a diabetes Type 2. I am willing to write on is the importance of maintaining a healthier lifestyle. There are 34.2 million people, or 10.5% of the U.S. population, have diabetes. -Google

This means the food I consume does not convert to energy for my body like normal folks. The effects on a person's mental and physical wellbeing. Diabetes is a condition where the food we eat turns into energy, but the body cannot absorb the hormone insulin, glucose properly for events like running a marathon, lifting weights, Yoga or other physical endeavor.

That includes daily activities like attending to personal care routines such as organizing, cleaning, maintaining a schedule, focus on tasks schoolwork or employment requirements.

My journey with diabetes started with a blood test called A1c, which checks your blood sugar levels every three months. The range for normal readings:

- If your A1C level is between 5.7 and less than 6.5%, your levels have been in the prediabetes range.
- If you have an A1C level of 6.5% or higher, your levels were in the diabetes range. -Diabetes.org

Ideally anyone with diabetes will wish to reduce their numbers to 7% or less why because we would like to not experience numbness or tingling in our hands and feet or no feeling in our limbs. This issue is called Neuropathy.

Diabetes if left untreated can affect an individual's vision, heart, high blood pressure, stroke or destroys internal organs, such as kidney failure, mostly causing complications like skin ulcers, eye problems like glaucoma and cataracts etc. Some people do not even know they have the condition until they become ill.

Three type of Diabetes:

First **Type1**- is juvenile, youth, young adult must have insulin every day just to survive. No one knows how to prevent this disease.

Second **Type 2**- is adult on set

Professionals encourage us to combating various complications through medications management, blood pressure checks, exercise, weight loss, or diet or carb counting. Daily blood sugar checking and keeping blood sugar numbers to track your personal range. This is done a glucose meter/ blood sugar meter the range runs between 80 – 130 fasting before meals and 80 – 180 two hours after eating a meal. Any number lower then 70 is considered too low while fasting, and between meals. Call your doctor if sugars are too high three days in a row. If its not due to what you are eating.

Gestational Diabetes occur when some women who are pregnant who have never had diabetes. If you have gestational diabetes, your baby could be at higher risk for health problems. Gestational diabetes usually goes away after your baby is born but increases your risk for type 2 diabetes later in life. Your baby is more likely to have obesity as a child or teen, and more likely to develop type 2 diabetes later life.

Things that can make blood sugar rise include:

- A meal or snack with more food or more carbohydrates than usual
- Inactivity
- Side effects of medications
- Infection or other illness
- Changes in hormone levels, such as during menstrual periods
- Stress

Things that can make blood sugar fall include:

- A meal or snack with less food or fewer carbohydrates than usual
- Extra activity
- Side effects of other medications
- Missing a meal or snack
- Drinking alcoholic beverages (especially on an empty stomach)

Recipe of the week

Submitted by Connie L.

Asian Chicken Bowl



Serves 4

INGREDIENTS

- 1 lb. chicken breast, chopped into 1 inch pieces.
- 1 bag cabbage slaw (cabbage, carrots, etc.)
- 1/4 cup peanuts
- 1/2 cup light Asian dressing

DIRECTIONS

- 1) After cutting up chicken, place in a bowl and add 1/4 cup dressing. Turn to coat and let marinate 30 minutes.
- 2) Heat a skillet to medium high heat, spray with cooking spray and add chicken.
- 3) While chicken is cooking, put cabbage slaw in a mixing bowl and add peanuts. Add remaining dressing and toss together.
- 4) Continue cooking chicken and turn occasionally until done (no pink). Serve on top of cabbage slaw.

NUTRITIONAL INFORMATION

Calories: 253
Protein: 36g
Carbohydrates: 7
Fat: 6g

*****Recipe found on a Baritastic App**

*****Image: <https://www.rootsandradishes.com/thai-peanut-chicken-salad/>**