

TRAVERSE HOUSE CLUBHOUSE

Traverse City Weekly Newsletter 34

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



Clubhouse News This Week

New Business:

Recently, Governor Whitmer spoke about new restrictions due to an increase in COVID-19 cases in our region. The DHHS order began on Wednesday November 18th and will last until December 8th.

For specific information on how Traverse House has responded please refer to the Directors section. Below you will see some of the places that have been directed to close or “pause” during this 3 week period.

IMPORTANT REMINDER:

Traverse House will be CLOSED on Thursday November 26th and Friday November 27th. This includes the remote unit meeting.

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.

COVID-19
PAUSE TO SAVE LIVES

| Open | Not open |
|---|---|
| <ul style="list-style-type: none"> Two-household gathering (high precautions)* Small outdoor gatherings (25 people) Retail Preschool through 8th grade (local district choice) Childcare Manufacturing, construction, other work that is impossible to do remotely Public transit Hair salons, barber shops, other personal services Gyms and pools (for individual exercise) Restaurants and bars (outdoor dining, takeout, and delivery) Professional sports** (without spectators) Parks and outdoor recreation Funerals (25 people) Health care | <ul style="list-style-type: none"> High schools (in-person learning) Theaters, movie theaters, stadiums, arenas Colleges and universities (in-person learning) Bowling centers, ice skating rinks, indoor water parks Workplaces, when work can be done from home Bingo halls, casinos, arcades Restaurants and bars (indoor dining) Group fitness classes Organized sports, except professional sports |

*See Social Gathering Guidance. **Includes a limited number of NCAA sports.

For more information about the order, visit [Michigan.gov/Coronavirus](https://www.michigan.gov/Coronavirus). Questions or concerns can be emailed to COVID19@michigan.gov.

MDHHS

Health and Wellness tip of the week

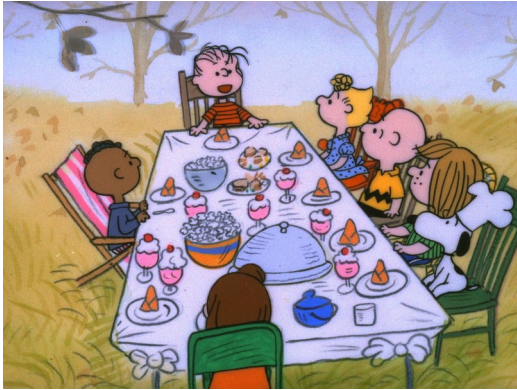
Establish a regular exercise routine in your life. This will provide your body with more energy to allow you to get through the day! Next, continue to work on eating healthy. Prepare foods that you enjoy so that you appreciate the work you put in to the meal as well as how it tastes. Keep your body hydrated, and stimulate your brain as you get older with puzzles and other challenging games to keep your mind sharp. So stay active and have a great week everyone!

This information was provided by;
<https://www.sccmha.org/userfiles/filemanager/355/>

Culinary Unit

Please give Traverse House a call if you would like to order a Thanksgiving meal delivery! This upcoming week will include Thanksgiving meal deliveries on Monday and Wednesday– so give us a call so we can add you to the list.

Also, if you haven't received a pie yet– we have some left and can include it with your meal delivery this week.



Quote from Connie L.

"I never lose. I either win, or learn."

Nelson Mandela



November
16th Crystal T.
23rd Holly B.
23rd David H.
30th Kevin M

Clerical Unit

The clerical unit has been managing reception, outreach, the newsletter, statistics, attendance, accounting and data entry. This has been a wonderful partnership between members who are on-site and our remote members!!

A big shout out to Sandy S and Nancy L who have been wonderful with working on the newsletter mailing responsibilities while Connie L had surgery. Kathy P has been working hard with outreach calls, newsletter mailings, and posting all of our important announcements on Facebook.

Great teamwork clerical unit!!



Jokes By Eric B.

What did one tree say to another tree?

You're making me board

Trivia By Kathy P.

Who was the first woman to win the Nobel Prize (in 1903)?

Marie Curie

Daily Remote Unit Meeting

Monday-Friday at 10am

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

Contact Us:

231-922-2060

email: trahse06@yahoo.com

Facebook: Advocat Travrse Hch

Web: www.traversehouse.org

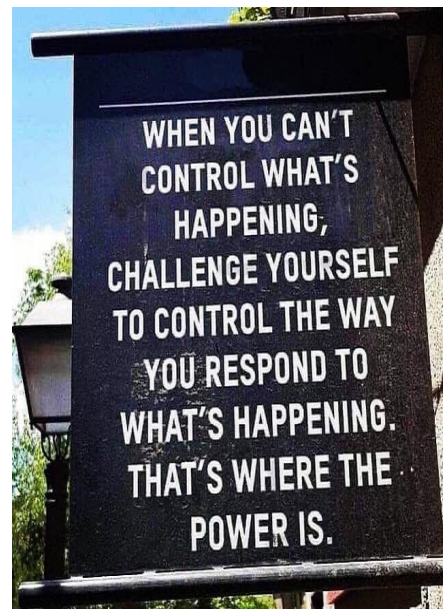
- Lunch Delivery available daily for a \$1.50
- Tickets can be purchased for \$7.50 or \$15.00
- Pantry Box Delivery Tuesday & Thursday
- Pantry is Open Tuesday & Thursday 12-1
- **Call club at 922-2060 by 11am.**

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



Directors Corner

This week at Traverse House we had some very difficult decisions to make. The number of people who tested positive with COVID-19 in the state of Michigan has risen significantly over the month of November. Our communities across the state have been directed to pull back and pause for a 3 week period to attempt to decrease the spread. Please take these orders seriously, please do not go out into the community unless it is necessary, please make sure that you have a clean mask, always wash your hands and distance 6 feet.

Our Clubhouse is a strong community and the last thing we want to have is members testing positive with COVID-19 or becoming seriously ill. This virus is life-threatening, and we have to adjust to stay safe.

Members and staff worked together on Monday in deliberation for most of the day to make decisions about how this order will effect our operations on-site. We came to a consensus to remain open, but in a much more limited way. Starting on Wednesday November 18th through December 8th:

Open Monday, Wednesday and Friday only

Hours of operation: 9am-12:30pm

Capacity of members: 6 TOTAL for the whole shift

We also decided to end in-house dining as of Monday November 16th until further notice.

This includes 3 members in culinary and 3 members in clerical. When you sign up for a shift it is to participate in a specific unit with the intention to complete the basic tasks of on-site work. We are encouraging members on-site to remain in their unit and to focus on the work that needs to be completed in their specific space.

For example, if you sign up for clerical the tasks include answering the phone, completing outreach, attendance billing, newsletter mailing, and watering the plants. If you sign up for culinary, the basic tasks are rotating coolers, unloading the food truck, preparing pantry boxes, and preparing lunch to be delivered.

Our goal with this schedule is to have only the minimal number of members and staff on-site that is absolutely necessary. We want to reduce the number of contacts, and the amount of time member sand staff are spending inside with each other.

I will also mention that most Clubhouses in Michigan have decided to close for the 3 week period, and at any point we may also have to make that decision if it becomes too unsafe to attend. We will continue to watch the number of positive COVID-19 tests in our state and community, while also taking direction from DHHS.

Remember, if we all do our part now– the hope is that the numbers will decrease and we can return to regular operations. PLEASE stay safe and well, and remember that Traverse House will continue to offer remote opportunities daily. If you have any questions, don't hesitate to call!

-Hannah

Recipe of the week

Slow Cooker Beef Stew

- 3½ lbs stew meat
- 3 teaspoons salt
- ½ teaspoon pepper
- 2 cups chopped onions
- 4 cups beef broth
- 2 Tablespoons tomato paste
- 2 cups chopped carrots
- 4 cups cubed potatoes
- 1 bay leaf
- 1 teaspoon thyme
- 4 cloves garlic, minced
- 1 Tablespoon Worcestershire sauce
- 2 cubes beef bouillon
- 2 cups frozen peas



Spray slow cooker with cooking spray.

Add all ingredients except for peas and stir.

Cook on low for 6-8 hours.

Remove bay leaf.

Add peas to stew 10 minutes before serving for firmer peas.

For less firm peas, add the peas 20-30 minutes before.

For thicker stew, combine 4 Tablespoons water with 2 Tablespoons mesa flour (or regular flour) in a small bowl. Stir into stew 10 minutes before serving.

<http://www.chef-in-training.com/2016/04/slow-cooker-beef-stew/>