

TRAVERSE HOUSE CLUBHOUSE

Traverse City Weekly Newsletter 35

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



Clubhouse News This Week

New Business:

The annual Recovery Celebration will be held this year virtually on Friday December 11th. If you are interested in attending, please register online at <https://www.northernlakescmh.org/>. Look in the Recent News for Recovery Celebration information. The password to register online is: Happy

Traverse House will be participating in a Clubhouse Michigan webinar on how Clubhouses are offering virtual supports through the pandemic. This will be held on Wednesday December 16th at 12:00pm. Following the presentation will be a Clubhouse cooking demonstration. Please contact Traverse House for more details, or join the unit meeting daily at 10am via phone!!

IMPORTANT REMINDERS:

Home visits available by way of Zoom.com (virtual face to face contact) or 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, social.

Member Testimony and Gratitude

What is your favorite thing about Thanksgiving?

I like the food and to gather around family for Thanksgiving. We aren't gathering around family in 2020. ---Cynthia O.

What is your favorite thing about Thanksgiving?
Being with Family. What have you been doing in your spare time? Being a Mom (taking care of kids)
--- Amanda F.

What have you been doing in your spare time? Fixing Chrome Books, fixing game systems, buffing floors for Paul Deering, and making jewelry.--Sam C.

What is your favorite thing about Thanksgiving?
Turkey, stuffing and mashed potatoes. What have you been doing in your spare time? Cleaning, eating, going to Walmart and going to the Beauty College.---Lisa W.

Mary Donor is grateful for Family Traverse House, and Kathy Patrick.

Dannie P is grateful for when we our done with the lockdown and food.

Brenda C is grateful for that her current condition with her heart is working out a lot better.

Director's Corner

On Wednesday December 2nd, Traverse House staff and members made the decision to continue providing the opportunity for members to participate on-site at the Clubhouse through the month of December and until further notice. We will continue to offer that opportunity on MONDAY, WEDNESDAY, and FRIDAY each week from 9:00am-12:30pm.

The state of Michigan continues to be HIGHLY infected with the COVID-19 virus, and each week we are watching as numbers rise. The Traverse City region is no exception as we remain in the highest risk category. Due to the widespread community exposure, we have decided that 4 members and 2 staff is the safest ratio in order for Traverse House to remain open. Please continue to stay home whenever possible, wear your mask, wash your hands, maintain minimum 6 feet of distance, and do not remove your mask to eat in public places. For the most up to date information, join our DAILY unit meeting at 10am!! -Hannah

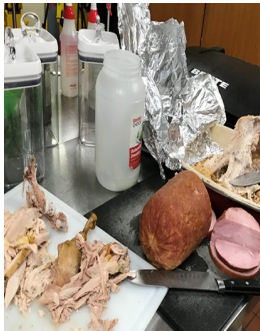
Culinary Unit

Happy Thanksgiving

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Quote from Connie L.

"Beautiful are those whose brokenness gives birth to transformation and wisdom."

---John Mark Green



December

- 5th Tom D.
- 8th Vince E.
- 13th Eric L.
- 14th Jeff N.
- 17th Trevor G.
- 18th Leslie S.
- 21st Pete G.
- 24th Gary N.
- 30th John St.

Clerical Unit

It's time for some holiday cheer!! Traverse House will be sending out Christmas cards this year and helping with the mailing is a great opportunity for members to do from home.

Jeff N. created a beautiful card design, and we will have them printed next week.

If you are interested in helping with the mailing, please call Clubhouse by Wednesday December 9th.



Jokes By Eric B.

What is a mathematician's favorite food?
What? Pi.

Trivia By Kathy P.

Elvis isn't going to have a white Christmas he's going to have a

Blue Christmas

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+

Snowman's Christmas

Oh! Man, of Snow how your face glows
 Delighted in evergreen branches
 twinkling lights, and shinning eyes
 Revel in decorations
 Paper chains and popcorn garland
 Weaving in & out upon limbs so sweet
 Snowflakes frosted with diamond dust
 Just to make you grin
 Toy trains circle around



The Bottom of the Tree
 Amid gifts a plenty
 Tied up with ribbons
 bright
 The tickle of pine fresh
 scent
 Mingled with ginger-
 bread cookies too
 Tin toy soldiers with
 sugarplum fairies
 Dance to the tune of
 Silent Night...



Recipe of the week

Sweet Potato Casserole Dessert

This recipe is from Kathy P. via Allrecipes.com. It takes 20 minutes to prep, 25 minutes to cook for total of 45 min. Serving size 16.

Ingredients:

4 1/2 cups cooked and mashed sweet potatoes
1/2 cup butter, melted
1/3 cup milk
1 cup white sugar
1/2 teaspoon vanilla extract
2 eggs, beaten
1 cup light brown sugar
1/2 cup all purpose flour
1/3 cup butter
1 cup chopped pecans



Directions:

Step 1-

Preheat oven to 350' degrees. Grease a 9 X 13 inch baking dish.

Step 2-

In a large bowl mix together mashed sweet potatoes, 1/2 cup butter, milk, sugar, vanilla extract, and eggs. Spread sweet potato mixture into prepared baking dish. In a small bowl, mix together brown sugar and flour. Cut in 1/3 cup butter until mixture is crumbly, then stir in pecans. Sprinkle pecan mixture over the sweet potatoes.

Step 3-

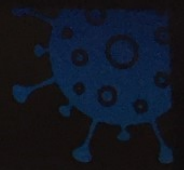
Bake for 25 minutes in the preheated oven, or until golden brown.

Health tip of the week



COVID-19

SAFE SOCIAL "PODS"



What is a pod?

A social pod is a core group of friends or family who agree to limit their in-person social activities to only each other, and practice physical distancing with anyone outside the group. Being part of a pod allows members to continue seeing people outside their household while reducing the risk of spreading COVID-19.

Do

- ✓ **Agree up front exactly who is in the pod.** Keep your pod to under 10 people, and no more than one other household.*
- ✓ **Discuss how vulnerable to COVID members of the pod are** (underlying medical conditions, over age 65).
- ✓ **Agree on how all members of the pod will limit risk** (e.g., not seeing people outside the pod other than masked outdoors, not working or attending school in person). *The whole pod takes on the risk of each member's exposure.*
- ✓ **Pledge to be truthful with one another about activities.**
- ✓ **Stay outdoors as much as possible, even within the pod.**
- ✓ **Communicate immediately if anyone has symptoms or exposure to COVID-19.** The entire pod needs to stop getting together immediately, and the person with COVID-19 symptoms should get tested *immediately*.

Don't

- ✗ **Socialize with other people outside your pod**, except masked, outdoors, with at least 6 feet physical distance.
- ✗ **Pod with more than 10 people or two households.**
- ✗ **Be a part of more than one pod/social circle.**
- ✗ **Include people in your pod who have recently engaged in risky behaviors.**
- ✗ **Stop following essential public health guidance** (frequent handwashing, social distancing, wearing a mask).
- ✗ **Permit members of a household to be in different pods.**
- ✗ **Engage in activity that has not been agreed upon with your pod**, such as travel.
- ✗ **Stay in a pod if others are engaging in unsafe behavior** (e.g., going to large parties or gatherings).

* Households means a group of people living together in a shared dwelling with common kitchen or bathroom facilities.

For more information about social pods, visit Michigan.gov/Coronavirus.
Questions or concerns can be emailed to COVID19@michigan.gov.



COVID-19

SOCIAL GATHERING GUIDANCE PAUSE TO SAVE LIVES



Socializing with family or friends may feel safe, but it is risky - especially with COVID everywhere in Michigan today. It's best to only get together outside. If you must gather indoors, you may only see one other household at a time.

To reduce risk, follow these guidelines:

▶ Pick only one other household to see over the next few weeks. Even better, form a consistent social pod.

▶ Choose a household that is also being careful. If anyone in either group feels sick, postpone the gathering.

▶ Limit duration indoors. The longer the visit, the greater the risk.

Follow these rules as much as possible:



Wear a mask - only take it off when you eat or drink. Then put it back on.



Stay 6 feet apart.



Keep voices down and avoid shouting or singing.



Do not share utensils.

After a gathering, monitor yourself for symptoms of COVID-19. If anyone in the group feels sick, get tested.

For more information about social gatherings, visit Michigan.gov/Coronavirus.
Questions or concerns can be emailed to COVID19@michigan.gov.

