

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



### Nutrition

#### 10 Foods I Eat Every Day to Beat Depression

*Adding the right produce, nuts, and seeds to my diet is my top strategy for good mental health.* By [Therese Borchard](#)

Among all the strategies to safeguard my mental health, eating the right foods ties for first (with getting adequate sleep) as the most important. Recently I did some substantial research on which foods promote sanity and which ones send an alarm to your limbic system (emotion center) and cause inflammation. I decided to eliminate [gluten](#), dairy, caffeine, and sugar from my diet. I also started eating fresh produce throughout my day and made the commitment to hit the grocery store a few times a week.

As a result, I feel more emotionally [resilient](#) and less vulnerable to the impact of stress and drama on my mood.

Here are some of the foods I eat every day to feel good. They provide the nutrients my body needs to fight off inflammation in my brain, which leads to depression.

#### 1. Dark Leafy Greens: A Nutrient-Dense Inflammation Fighter

If you were to choose the healthiest food of all, the most nutrient-dense item available to us to eat, it would be dark, leafy greens, no contest. Spinach. [Kale](#). Swiss chard. Greens are the first of the G-BOMBS (greens, beans, onions, mushrooms, [berries](#), seeds) that Joel Fuhrman, MD, describes in his book [The End of Dieting](#) — the foods with the most powerful immune-boosting and anticancer effects.

### Zoom



- Set up account at zoom.com, using your email and create a password
- **Meeting ID: 739 167 9722**
- **No password needed**
- **Ph#: 1-312-626-6799**

### Member's New Year's Resolution for 2021



Sue T - Read more about religion and how to pray more about God. And how we relate God in our everyday life.

Kathy P – To eat healthier and to walk more.

Dannie S – I don't really, I guess my New Year's resolution is not to make a resolution at New Years. To be able to make a goal at any time.

Mike S – To get in shape and lose some weight.

Trina P.--To be happy, get married and to Pray.

Casey P. --To drop weigh.

### Director's Corner

Traverse House stands strong as we enter this new year. Our Clubhouse was able to adjust to 2020 and continued to provide meaningful, engaged, and productive services to our membership. As we look ahead, 2021 looks hopeful with news of a vaccine available for both staff and members over the next few months. For now, our Clubhouse space continues to be closed, but the work and support is available for all members daily. We are hopeful that we can open up on-site work to members soon, but until then please join our daily unit meeting at 10am to hear important updates and learn about opportunities for participation. Some of the factors for us to open the Clubhouse space include; a decrease in risk level for our region, a change from phase 4 to phase 5, and an overall decrease in positive COVID-19 cases in our community. In January, we typically complete our annual Clubhouse evaluation and also discuss goals for the year ahead. We want everyone's suggestions- so please join our house policy meeting on Thursday January 21st at 10am to have your voice heard as we start talking about Clubhouse goals. Remember, if you have questions or need assistance- just call the Clubhouse. Lets have a great year of healing and hope! -Hannah Driver

### Clerical Unit

In December the club reached out 917 times. Members and staff reached to members using calls, Facebook, text, email, visits and new to us Facebook chat and zoom. 675 calls were made, 69 Facebook contacts and 94 texts messages.

For the Year 2020 during covid-19 club reached out 7253 times. Here are the complete reach out's for December;

|                          |     |
|--------------------------|-----|
| Calls .....              | 675 |
| Visits.....              | 42  |
| Facebook.....            | 69  |
| Facebook video chat..... | 13  |
| Call and Facebook.....   | 10  |
| Texts.....               | 94  |
| Email.....               | 7   |
| Zoom .....               | 25  |

This data does not contain the multiple contacts that are made regularly.

### Quote from Connie L.

*“A new year has tiptoed in. Let's go forward to meet it.”*



### January

- 5th. Brenda C.
- 8th Jake Z.
- 10th Casey P.

### Culinary Unit

2020 was a big year for the culinary unit. The unit provided 81 holiday meals; 40 on Easter, 28 on Thanksgiving and 23 on Christmas.

Pantry Boxes delivered in December totaled 96. Total pantry boxes delivered beginning March 16 was **1038**. Food for meals and pantry boxes are available to members thanks to Food Rescue and the Food Coalition.

Staff and members delivered boxes and meals to other members. Thank you to all!

### Trivia By Kathy P.

*There are many Saints named Valentine or Valentines what do they all have in common?*

- A. They were martyrs
- B. They lived at the same time
- C. They fought in battles
- D. Only their names

**Answer: A**

### Jokes By Eric B.

**What did one tree say to the other?  
I am very poplar**

**New Number!**

### Daily Remote Unit Meeting

**Monday-Friday at 10am**

- Conference Call number: **1-312-626-6799**  
**Meeting ID: 739 167 9722**

\*Same number for Bingo

### 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

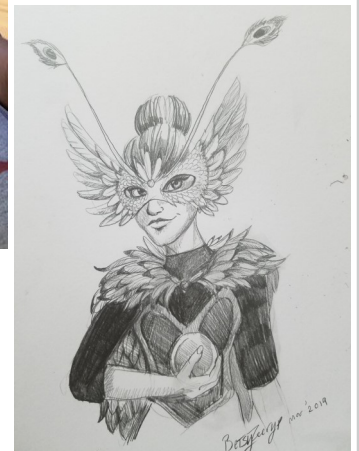
Suicide Talk Line: 1-800-SUICIDE or

1-800-273-TALK+

### Creative Corner



Andrew K



Betsy Z

# COOKING IN THE KITCHEN WITH THE TRAVERSE HOUSE CLUBHOUSE

## COOKING

- Use Lids. They help to cook food quicker by keeping steam in the pot or pan.
- Don't peek. You Lose heat everytime you open the oven.
- Don't put foil on oven shelves - it blocks the heat.

## WASHING DISHES

- Wash only full loads in the dishwasher. It cost exactly the same to wash one dish as a whole load.
- If the dishwasher has an air-dry feature, use it.
- Use energy cycles whenever possible

## REFRIGERATOR

- Check the temperature. Your fridge should be between 36°F and 39°F. The freezer should be between 0°F and 5°F. If it is colder you are wasting money. if it's warmer your food may spoil.
- Decide what you want from the refrigerator before you open the door.

|                       |                          |
|-----------------------|--------------------------|
| <b>Dash=1/8 tsp</b>   | <b>4 cups=1 quart</b>    |
| <b>3 tsp=1 tbsp</b>   | <b>2 pints=1 quart</b>   |
| <b>2 tbsp=1 ounce</b> | <b>4 quarts=1 gallon</b> |
| <b>4 tbsp=1/4 cup</b> | <b>1 gallon=16 cups</b>  |
| <b>8 tbsp=1/2 cup</b> | <b>1 gallon=8 pints</b>  |
| <b>16 tbsp=1 cup</b>  | <b>1 cup=8 ounces</b>    |
| <b>2 cups=1 pint</b>  | <b>1 pound=16 ounces</b> |



# Where are we with the COVID-19 Vaccine?



**Phase 1A** Paid and unpaid persons serving in healthcare settings who have the potential for direct or indirect exposure to patients or infectious materials and are unable to work from home as well as residents in long term care facilities.



**Priority One** Critical health care workers, medical first responders, EMS personnel, and public health staff who will be vaccinating remaining priority groups.



**Priority Two** Staff and residents of long-term care facilities, including skilled nursing facilities, homes for aged, adult foster care, assisted living, home health workers caring for high-risk clients.



**Priority Three** All other direct and indirect patient care workers (e.g. dentists, urgent care, outpatient, ambulatory, home health etc.), as well as workers who have indirect patient contact with specialized skills critical to health care system functioning (laboratories, pharmacies).

[COVID-19 Vaccination Information Form- Phase 1A can get added to our list now!](#)

**Phase 1B** Adults 75 years and older and frontline workers key to societal functioning should be prioritized.

**Priority One** Individuals 75 years and older not covered in Phase 1A, and those in congregate living settings that were not reached in Phase 1A.

**Priority Two** Frontline Essential workers in sectors essential to the functioning of society and at substantially higher risk of exposure to COVID-19 because their work-related duties must be performed on-site, and involve being in close proximity (i.e., within 6 feet) to the public or to coworkers. *Examples include: teachers, childcare workers, police officers, firefighters, food and agriculture workers, critical manufacturing workers, corrections worker, US postal service workers, public transit workers, grocery store workers, workers in homeless shelters, congregate child care institutions, adult and child protective services, and workers with unique skill sets not covered above.*

**Phase 1C** Individuals age 16 years or older at high risk of severe illness due to COVID-19 infection and some other essential workers whose position impacts life, safety and protection during the COVID-19 response.

Individuals age 65 to 74 years, including those in a congregate setting that were not reached in prior phases. Individuals age 16 to 64 years with COPD, hypertension, chronic kidney disease, heart disease, diabetes, obesity or other conditions that puts them at high risk. Some other essential workers whose work must be performed on site, not covered in prior phases.  
\*MDHHS will adapt this guidance as vaccine availability becomes clearer.

**Phase 2** Individuals 16 years of age or older.

All individuals who did not otherwise fit into the earlier groups for whom the vaccine is recommended.

Please continue to watch our [website](#), [Facebook](#), and daily updates to stay informed!