

TRAVERSE HOUSE CLUBHOUSE

Traverse City Weekly Newsletter #39

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



Clubhouse News

Advisory Board Agenda:

- Discussion of Clubhouse operations
- Goal setting for the Clubhouse and board members for 2021
- Review of statistics from 2020
- Discussion of virtual fundraising opportunities
- Update on Secretary position

The Traverse House Advisory Board meets on Tuesday January 19th at 9am.

Michigan Coalition Meeting Update:

The Michigan Clubhouse Coalition held the first meeting of the new year on Wednesday January 13th. This meeting happens every other month throughout 2021 and is open to all Clubhouse staff and members.

This year, there will be some grant opportunities offered for trainings. One option to discuss is specialty track training that would be offered virtually through USA training bases. The second opportunity would be for Traverse House staff and members to train newly hired staff and Clubhouse members in Michigan. We have been a training site for the past 2 years, and this year we would offer the training virtually. Please let us know if you would like to participate in training!

Zoom



- Set up account at zoom.com, using your email and create a password

Meeting ID: 739 167 9722

- **No password needed**
- **Call in: 1-312-626-6799**
- **Enter zoom ID and #**
- **Press # when prompted**



Member's New Year's Resolution for 2021

Sue O- Lose weight, grow out hair and worry less.

Vince E- To be a peer and help people like I was helped.

Alex F.-To exercise, play guitar and work on my art—walking sticks.

Director's Corner

A reminder that our first House Policy meeting of the year will take place on Thursday January 21st at 10am through the unit meeting phone call. We strongly encourage members to join so we can start to discuss our goals for 2021. We will also be talking about Clubhouse operations including our virtual daily schedule of opportunities for members to participate in, and when we may be able to reopen our Clubhouse physical space.

The first week in February, all members, staff, and advisory board members will be given the annual Clubhouse evaluation. Members will be receiving this through the mail, and we ask that you fill it out and return it to Clubhouse for processing. This will give us some feedback on how well we are meeting the Clubhouse International standards, even during the pandemic. If you have suggestions about how to improve our Clubhouse, or new ideas to share— please give us a call and let us know! I am sending everyone lots of positivity, hope, and encouragement this new year :)

- Hannah Driver

Culinary Unit

Ingredients

- 2 T. olive oil
- 4 medium green bell peppers, 1 yellow bell pepper dice all
- Kosher salt, freshly ground black pepper
- 1 lb. ground beef
- 2 cloves garlic, finely chopped
- 1 t. chopped fresh thyme leaves
- 1 t. dried oregano
- 4 cups low-sodium beef broth
- 14.5 oz can diced tomatoes
- 14.5 oz can crushed tomatoes
- 3 T. Worcestershire sauce
- 1 c. cooked white rice
- Shredded cheddar, for serving
- Chopped fresh parsley, for serving



Bell Pepper Soup

<https://www.foodnetwork.com/recipes/food-network-kitchen/stuffed-bell-pepper-soup-8357135>

Directions

Heat the oil in a medium pot over medium-high heat. Add the bell peppers, onion, 1/2 teas. salt and a few grinds of pepper. Cook, stirring occasionally, until vegetables are softened, about 7 minutes. Add the ground beef and cook, breaking up the meat with a wooden spoon and stirring occasionally, until no longer pink, about 3 minutes. Add the garlic, thyme and oregano. Cook, stirring, until fragrant, about 1 minute. Add the beef broth, diced tomatoes, crushed tomatoes, Worcestershire, 1/2 teas. salt and a few grinds of pepper. Bring to a boil. Reduce the heat and simmer until flavors are blended, about 5 min. Stir in the rice and cook until warmed through, about 2 minutes. Season with salt and pepper. Ladle the soup into bowls and top with some Cheddar and parsley.

Quote from Connie L.

“A river cuts through a rock not because of its power but its persistence.”

—Jim Watkins



January

- 12th Mike S. & Brian V.
- 13th Alex F.
- 14th Steve Son.
- 25th Jami S.

Education Unit

One major thing that I learned from taking Sociology 101 at Northwestern Michigan College was that with an education, you can accomplish anything you put your mind to. If a journey of a thousand miles begins with the first step, then everyone reading this should find their shoes. I passed Sociology with a 3.5 and even though it felt like it was very intimidating going into the class, which just turned out to be another fear that I crushed. Just like the grade I got. I crushed it.

—Jeff N.



Trivia By Kathy P.

Who first declared February 14th as Valentine's Day?
 A. Julius Caesar B. Pope of Gelasius
 C. Saint Valentine D. President Millard Fillmore

Answer: B

Jokes By Eric B.

The guy tried his new boat on the water. It wasn't a very good trip because it was a watered down version.

Creative Corner

Dannie S



Daily Remote Unit Meeting Monday-Friday at 10am

• Zoom Unit call number: 1-312-626-6799

- Meeting ID: 739 167 9722# and then
- Press # when prompted
- *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+

Health & Wellness

Walnuts: Rich in Mood-Boosting Omega-3 Fatty Acids

Walnuts are one of the richest plant sources of omega-3 fatty acids, and numerous studies have demonstrated how omega-3 fatty acids support brain function and reduce [depression symptoms](#). A [study published in the *British Journal of Psychiatry*](#) is especially interesting. The lead authors ask the question, Why is the vast part biological research — from genetics to psychopharmacology— concentrated on [neurotransmitters](#), when the mammalian brain is approximately 80 percent fat (lipids), and there is a growing body of research demonstrating the critical role of lipids in brain functioning? What's more, the shift in the [Western diet](#) away from these necessary omega-3 fatty acids over the last century parallels the large rise in psychiatric disorders in that time.

*Walnuts can be chopped and added to your salad or into your yogurt.

*Walnuts can be added to banana bread,



10 Foods I Eat Every Day to Beat Depression (Continuing from last week's newsletter —stay tuned for the next food to eat every day....)

Recipe of the Week

Summer Sausage

For each pound of ground chuck:

1 tsp. Morton's Quick Cure salt

1 tsp. Table salt

1 tsp. Garlic powder

1 tsp. Mustard seeds

1/4 tsp. freshly ground pepper



I like to make 6 pounds at a time, because it will keep in an airtight container up to 3 weeks (I usually share with friends.)

tainer

To keep from being too greasy, but having enough grease, I mix a pound of sirloin steak burger or venison burger with each pound of ground chuck.

Mix burger and spices thoroughly. Cover tightly and refrigerate for 3 days; mixing once per day for those three days.

On the 4th morning, remove from refrigerator and form into 1 lb. rolls.

Place on rack of broiler pan and bake in oven at 160 degrees for 6 hours; turning once when halfway done.

Remove sausage rolls from oven and place on a rack to cool for 1 hour. Wrap well in tin foil and refrigerate overnight.

Slice as you serve. Must be kept in refrigerator.

Delicious all on it's own or served with crackers and cheese. Goes well with medium/sharp cheddar and Ritz crackers.

—Family Recipe provided by Connie L.