

# TRAVERSE HOUSE CLUBHOUSE

Traverse City Weekly Newsletter #41

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



## Clubhouse News

### *Employment and Education Celebration*

The mugs have arrived! We have a Traverse House logo coffee mug for all of our hard working members. Whether you were employed through a transitional employment position, employed independently in the community, pursued education, or volunteered your time and effort into the clubhouse work ordered day— we want to celebrate you!

These mugs will be given out to each member and you can decide if you would like to have it to use at home, or keep it at the clubhouse. We hope to distribute the coffee mugs soon but this project has been on hold since December when on-site services closed. Stay tuned for updates!



### *Home Visit*

This week Hannah was able to visit with Pete W. He would like to say hello to everyone. He is doing great! He is watching a lot of football and wishing everyone well! Pete reports that he thinks about the Clubhouse each day, and it helps to give him motivation.

## Directors Corner

January was certainly a busy month! Traverse House was able to offer a full and robust virtual work ordered day including; a daily unit meeting, zoom meetings in the afternoon to discuss employment, education, health and wellness, our newsletter, cooking ideas and recipes, and social interaction. We are putting final touches on our quarterly newsletter that is sent out to community partners. Employed members have received guidance and assistance with filing their 2020 taxes, and we approved another education scholarship for the 2021 Spring semester.



In addition to delivering meals and pantry boxes 3 days each week, we have also been increasing our community supports and member services on-site. This means that we have worked with members to copy needed documents, fill out employment applications, research housing resources, aid with legal needs, provide transportation to appointments, and help with enrollment in benefits. If you need assistance- Clubhouse can help!

A big thank you to all of our dedicated members keeping our work-ordered day running and accomplishing all of our meaningful work- we could not have done any of this without your participation and effort!

**Just a reminder: If you need help with preparing your taxes, please let us know. We can help you set up an appointment and get all of the documents you need to submit to the tax preparer.**

## Creative Corner

A Way Forward through Art Journaling by Dannie S.

One of the writer I admire is Margaret Atwood. This is what I found from Master Class article: 8 Rules for writers from Today's Great Authors.

# 4 "The wastepaper basket is your friend." –Margaret Atwood. "During the revision process, you may have to discard parts of what you've written that just aren't working. It's difficult, but it's essential to kill your darlings if they don't serve your overall narrative. Sometimes, a shift in tone, tense, or point of view can fix a chapter that just isn't working. Often, changing point of view strategy—from first to third, or third to first—can unlock the story for you. Changing the narration from past to present can have a similar jumpstart effect on your story. Experiment with these different modes and find the one that feels most organic to the story you're telling."

### Quote from Connie L.

"When words fail, music speaks."

-Hans Christian Andersen



February  
1st Erik F.  
2nd Connie L.

Aj has been keeping busy working on poured art projects. This is a technique she learned a little over a year ago. She has used it to create vases, picture frames, and canvas art.



### Jokes By Eric B.

What did one strawberry say to the other strawberry?  
Get me out of this Jam!

### Trivia By Kathy P.

What President had a wife that was the first to accompany the President in the Procession from the Capitol to the White House?

A: William Taft

### Nutrition

Lets talk about healthy Kidneys! Kidneys are a very important organ in our body. We have two kidneys, and they are bean shaped. They are located underneath our rib cage on either side of your spine.

Their function:

- Remove waste and fluid from your body
- Level out your blood pressure
- Keep your bones strong

A hallmark kidney friendly diet is to eat at least 5 servings of fruits and vegetables each day. Avoid large amounts of animal protein. Drink plenty of water, and avoid highly processed foods, such as potato chips.

Source: Webmd.com  
(Then search function of kidneys)

### Daily Remote Unit Meeting

**Monday-Friday at 10am**  
**Conference Call number:**  
**312-626-6799**

**Meeting ID: 739 167 9722# #**

\*Same number for Bingo

**Zoom meeting number:**

**Meeting ID: 739 167 9722**



### 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+

*Our weekly Recipe  
Provided by Cheryl Askwith*

*Crust less whipped baked sweet potatoes*

*Ingredients:*

*2 Large cans of sweet potatoes  
1 small can of pineapple tidbits*

*1 tsp. Cinnamon*

*1/2 tsp. Nutmeg*

*1/2 tsp. Ginger*

*1/2 tsp. Cloves*

*1/2 tsp. Allspice*

*1/2 tsp. Salt*

*1/2 Cup brown sugar*

*1/4 cup of white sugar*

*4 eggs*

*2 cans of evaporated milk*

*1 package of marshmallows*

*Directions:*

Drain sweet potatoes, reserve the liquid

Mix eggs with evaporated milk and set aside

Whip sweet potatoes until smooth

Mix in pineapple tidbits

Mix in all seasonings and sugars

Mix in milk and egg mixture

\*If mixture is too thick, add a little bit of potato liquid\*

Pour into 11X14 baking dish

Bake for 40-60 minutes at 375 degrees, or until the center comes out clean with a knife.

Cover with marshmallows and bake an additional 5 minutes until marshmallows are golden brown.

Serve warm or cold, and enjoy! :)



*10 Foods I Eat Every Day to Beat Depression  
#4 Berries: Full of Cell Repairing Antioxidants*

Blueberries, raspberries, strawberries, and blackberries are some of the highest antioxidant foods available to us. I try to have a variety for breakfast in the morning. In a study published in the *Journal of Nutritional and Environmental Medicine*, patients were treated for two years with antioxidants or placebos. After two years those who were treated with antioxidants had a significantly lower depression score. Antioxidants are like DNA repairmen. They go around fixing your cells and preventing them from getting cancer and other illnesses.