

TRAVERSE HOUSE CLUBHOUSE

Traverse City Weekly Newsletter #42

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



Member Article

The tradition of giving Valentine's Day flowers dates back to the 17th century.

Giving red roses may be an obvious romantic gesture today, but it wasn't until the late 17th century that giving flowers became a popular custom. In fact, the practice can be traced back to when King Charles II of Sweden learned the "language of flowers" — which pairs different flowers with specific meanings — on a trip to Persia, and subsequently introduced the tradition to Europe. The act of giving flowers then became a popular trend during the Victorian Era — including on Valentine's Day — with red roses symbolizing deep love.

By Dannie S.

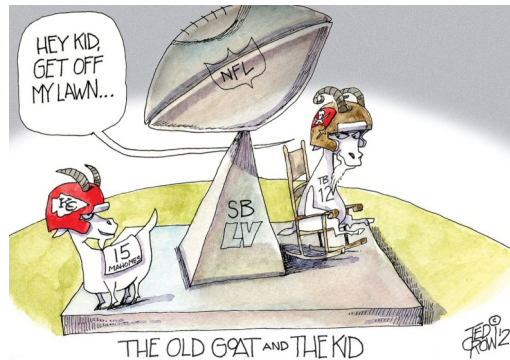
Zoom



- Set up account at zoom.com, using your email and create a password
- **Zoom ID: 739 167 9722**
- **No password needed**
- **Call in—1-312-626-6799**
- **Enter zoom ID**
- **Press # when prompted**

Super Bowl LV (55): AFC Champs: KC Chiefs take on TB Buccaneers

Tampa Bay will be hosting the Super Bowl at Raymond James Stadium this Sunday, February 7th. Kickoff at 6:30pm. You can catch the game on CBS or NFL station. Half time show will be featuring *The Weeknd*, a Canadian artist, starting at 8:30pm. Who do you want to see win? The G.O.A.T (The greatest of all time) Brady or the New Kid, Patrick Mahomes. Personally, I say in with the New Kid and out with the old Billy Goat. What's your favorite Super Bowl snack foods? Even if you aren't into American football, the Super Bowl commercials and half time are entertaining. --Holly B.



By Ted Crow, Special to cleveland.com



Join in the fun
Valentines Zoom Party
Friday February 12th
Time 3:00pm

Let's play Jeopardy!



Director's Corner

Happy February 2021! We have completed the quarterly newsletter that is distributed to our community partners. If you would like to have a copy mailed to you, please call the Clubhouse and let us know. Looking ahead, we have a fundraising meeting on Friday February 5th with advisory board members, staff, and members participation. During this meeting, we will be discussing our goals for the 2021 year with fundraising and events. At this time, we do not know if there will be a Cherry Festival so Traverse House is considering other opportunities to raise awareness about our Clubhouse and also gain donations for our membership fund. If you would like to be involved or have a good idea about fundraising, please call the Clubhouse for further information on meeting days and times.

Clerical Unit

January statistics are high for Out Reach, reaching 928 calls made to members. These calls were made by members and staff. Meals/pantry boxes have been busy as well, with 96 boxes delivered in January for a total of 1062 boxes/meals delivered since the covid-19 pandemic began.
Average daily attendance for January: 31
Active Members in January: 90



February

Erik F.—1st
Connie L.—2nd
AJ G.—14th
Becca P.—14th
John Smith—14th

Quote from Connie L.

“Every leap year I like to jump. It’s a good way to get my exercise in every four years.”

Jarod Kintz

Trivia By Dannie S.

What messages do Conversation hearts say?

*A. Hug me B. True Love
C. Be Mine D. all of the above*

Answer: D

Daily Remote Unit Meeting

Monday-Friday at 10am

- Zoom Call number: 1-312-626-6799
- Zoom meeting ID: **1-7391679722 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+

Culinary Unit

10 Foods I Eat Every Day to Beat Depression #5. Mushrooms: Helpful Tools to Lower Blood Sugar

Here are two good reasons why mushrooms are good for your mental health. First, their chemical properties oppose insulin, which helps lower blood sugar levels, evening out your mood. They also are like a probiotic in that they promote healthy gut bacteria. And since the nerve cells in our gut manufacture 80 to 90 percent of our body’s serotonin — the critical neurotransmitter that keeps us sane — we can’t afford to not pay attention to our intestinal health.

Clubhouse news:

Traverse House is continuing to consider our risk level and phase to determine when we can set a date for reopening our physical space. Currently, we do not have a date set as our risk level is still high and we are in phase 4. Over the last week we have watched as the numbers have declined in our community, and we are hopeful that will continue to be the trend. I know members and staff alike are eager to reopen our Clubhouse for on-site participation—until then please join our virtual opportunities held daily. We want and need your help!

Jokes By Eric B.

Did you hear about the cobbler?
He was a shoe in for the presidency.



*Creative Corner
Betsy Zeeryp*

Recipe

Swedish Meatballs

In large bowl mix 1 large can, or 3 small cans of Campbell's Cream of Mushroom soup and one can of Campbell's French Onion soup. (This is for a small bag of meatballs. For a large bag use 2 large cans of Cream of Mushroom soup and 2 small cans of French Onion soup.)

In crockpot, dump in meatballs (you can use frozen meatballs or make your own), and then pour soup mixture in crockpot: covering meatballs. Add salt and pepper to taste. Put lid on crockpot. Set crockpot on high for 2 hours for small bag of meatballs, or 3 hours for large bag. Stir occasionally.

When crockpot turns off, stir well and add either 4 oz. of sour cream or 8 oz. (depending on the size of the bag of meatballs). Stir again. Serve over rice, quinoa, noodles or mashed potatoes.

Creative Corner

A Way Forward through Art Journaling by

Dannie S.

Continued...

One is to put your energy into an Art journal you can explore, edit, and extrapolate what is important to you. Use the wastepaper basket or the shredder- don't become attached to your words, characters, dialogues, or ideas. That goes for inner monologue and or the stories we tell yourself. As with writing it doesn't serve you well if you can't delve into the parts of yourself that you find mysterious. What is interesting or revealing one day doesn't always translate to the page the next day. Experience often colors our memory, and we can be turned off because we're uncomfortable. If it's too painful or negative. No matter how we word our narrative others will never fully understand our explanation. So, in real life names and situations can and often are change



**NEW IN 2021!
SOCIALLY DISTANCED
DRIVE-THRU
EVENT**



SUPER! SATURDAY

**FREE TAX PREP
FREE LUNCH (JIMMY JOHN'S)
WIN PRIZES (UP TO \$50)
VIRTUAL WORKSHOPS
& FREE DENTAL PRE-SCREENING!**

Pre-registration required
for tax preparation

RESERVE YOUR SPOT NOW!

CALL: 231-714-4696

VISIT: nmcaa.net/supersignup

DRIVE-THRU EVENT

**SAT. FEB. 13TH, 2021
10AM - 12PM**

**Career Tech Center, TBAISD
880 Parsons Rd. Traverse City**

- Get your taxes prepared by our professionals—FREE for anyone who is income-eligible and for all veterans! (Drive-thru / drop off only. Must pre-register for details).
- Sign up for our weekday virtual workshops to learn about money management, self care for parents, and avoiding scams during COVID.
- Free Jimmy John's, goodie bags, and a chance to win a \$50 gift card!
- Free dental pre-screening from the Northwest Michigan Health Services mobile bus!

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of Northwest Michigan



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