

TRAVERSE HOUSE CLUBHOUSE

Traverse City Weekly Newsletter #43

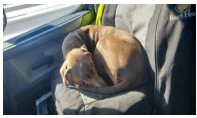
"Members provide mentorship for new members and working together makes us stronger"



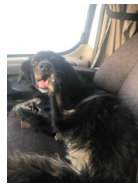
Clubhouse News

- Please remember to complete the Clubhouse survey and return in the mail to Traverse House.
- We have been asked to participate in the Michigan Clubhouse New Colleague Development Training. This allows Traverse House the opportunity to provide training to newly hired Clubhouse staff from across the state. This will be the 3rd year we are providing mentorship! If you would like to be involved, please connect with Hannah.
- Our Clubhouse space continues to be closed, but our community COVID-19 numbers are declining and our risk level is decreasing. We are hopeful this will continue, and we will update all members when we can set a reopen date.

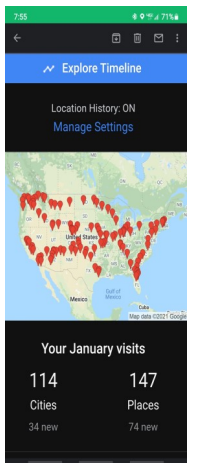
Member Update



Leslie had a chance to connect with Darcy this week. When she asked "What do you like most about being on the road?"



Darcy replied, "It's a catch 22 major sacrifices but very addictive. The beautiful places, the peace of the open road. The adventures. But then the sacrifices losing connections, isolated watching life pass by then maybe a few days once in a while wonder about sanity. But then comes the excitement of why the open road is so awesome."



Leslie went on to ask "Do you have your Bear on the road with you?"

Darcy explained, "Both (dogs) are here on the road, funny they are always fighting over the front seat. Luna usually wins because Bear just sits there like a brick."

Directors Corner

The name of the game is FUNDRAISING!! Last week Traverse House held a meeting with members, staff, and Advisory Board members to discuss our fundraising goals for 2021.

At this point, we do not know if there will be a July Cherry Festival to replenish our member fund account so we have decided to try out a virtual run fundraiser! There are a few Clubhouses that have been successful with this type of event and we are connecting with those Clubhouses for tips and tricks. Benefits include; connecting with our community and spreading the word about Traverse House, raising awareness for mental health, gaining monetary donations, and bringing members together through meaningful work!

We NEED your help, so please join our fundraising meetings on Fridays at 1:00pm.

15 Characteristics of A Great Leader

by Quota International copied impart from

Honesty- A great leader is always honest with team members and asks that others on the team do the same.

Communications- A great leader is able to express their vision to others. Open communication within a team breeds respect and trust.

Commitment- A great leader shows commitment to band or cause.

Positive Attitude- The energy levels of an environment start with leaders possessing a positive attitude.

Creativity- Decisions that good leaders make are not always simple, cut, and dry choices. Great leaders are willing to think outside the box.

Sense of Humor- Having a sense of humor is an important trait for great leaders in any environment.

Ability to Inspire- Inspiration from leadership encourages any team to work hard on current projects as well as future goals.

Take Responsibility- A great leader is not afraid to take responsibility when failure occurs.

Ability to Care- A great leader is also a caring leader.

Ability to Manage Failure- Failure will occur in almost any environment, but the way leaders handle failure determines how good the leader he or she is.

Genuine- Taking the lead in upholding personal values creates an inspired environment.

Supportive- A Great leader offers support to the member of the team whenever possible. Teams flourish when people supporting each other.

Collaborative- Collaborating with team members and making everyone feel important is a beneficial trait of a great leader.

Respect- Treating every team member with respect is an important trait of great leaders.

Ability to Celebrate- Working environments can be stressful for team members. This goes well with having a sense of humor, especially after stressful situations. Celebrate the tiny successes as much as the big ones.

Quote from Connie L.

"That it will never come again is what makes life so sweet."

---Emily Dickinson



February
14th
John Sm.,
Aj G.,
Becca P.
23rd
Douglas S.

A Poem from Erin D.

In all chaotic beauty
lies a wounded work of art.

Beautiful but torn,
wreaking havoc on my heart.

Camouflaged by insecurities, blinded by
it all.

I love the way you sit there
and barely notice me at all.

Source: <https://www.familyfriendpoems.com/poem/camouflaged>

Jokes By Eric B.

Why did the baker lose his job?
There wasn't enough dough in it.

Trivia By Kathy P.

What color of Roses symbolize,
purity, innocence and humility?



White

White Rose Transparent

Background #1595574

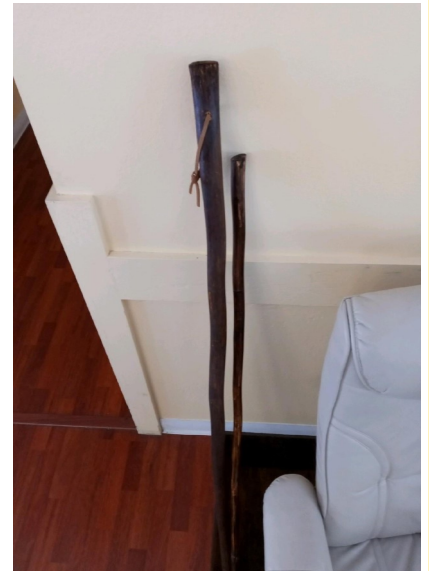


AJ has been busy working on
her poured art creations.

Creative Corner



Chris G. enjoys making jewelry
to keep her busy and creative.
She uses all different types of
beads and gems.



Beautifully designed walking
sticks by Alex F.

Education Committee Updates

This week, the education committee met to discuss our 2021 goals. We decided to continue our education scholarship program with \$1200 allocated for the year. Jeff N. applied for and received a scholarship toward his degree in January. We also discussed increasing GED supports and member to member tutoring opportunities on-site at the Clubhouse.

We reviewed the Michigan Reconnect Program that was launched one week ago by Governor Whitmer. This opportunity ensures Michiganders who are 25 or older and do not have a college degree will have an opportunity to earn a **tuition-free associate degree or skills certificate**.

To be eligible for Michigan Reconnect, you must:

- Be at least 25 years old when you apply
- Have lived in Michigan for a year or more
- Have a high school diploma
- Have not yet completed a college degree (associate or bachelor's)

Eligible residents can learn more and apply for Michigan Reconnect at michigan.gov/Reconnect.

Daily Remote Unit Meeting

Monday-Friday at 10am
Conference Call number:
1-312-626-6799

Meeting ID: 739 167 9722# #

*Same number for Bingo, Jeopardy

Zoom meeting number:

Meeting ID: 739 167 9722

Contact Us:

231-922-2060

email: trahse06@yahoo.com

Facebook: [Advocat Traverse Hch](https://www.facebook.com/AdvocatTraverseHch)

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

Comforting Cabbage Roll Soup Recipe (Provided by Cheryl A.)

Ingredients Needed for Cabbage Roll Soup

- **Lean ground beef** – use at least 80% lean ground beef. If you don't want to have to drain excess fat use 92% lean.
- **Olive oil** – needed for browning the beef.
- **Yellow onion** – wondering how to chop an onion?
- **Carrots** – I prefer to chop them up small rather than just into round disks.
- **Garlic** – maybe not standard to traditional cabbage rolls but who can resist garlic?
- **Cabbage** – key ingredient! Just use regular green cabbage.
- **Beef broth** – chicken broth will work great too.
- **Tomato sauce** – similar to tomato paste in other countries if you are looking for an alternative.
- **Canned petite diced tomatoes** – the standard cut are fine too, I just like that mini size.
- **Brown sugar** – this adds a nice background sweetness. White sugar would be fine too.
- **Worcestershire sauce** – this adds great depth of flavor. A little goes a long ways.
- **Paprika** – just use the standard sweet paprika not smoked.
- **Dried oregano, thyme, bay leaves** – of course if you have fresh herbs even better. General rule, use 3 times as much when going with fresh (except for the bay leaves, use the same quantity).
- **White rice** – brown rice won't really work here because it takes over twice as long to cook.
- **Fresh parsley** – this adds a nice pop of fresh color and flavor.

How to Make Cabbage Roll Soup

- First you'll brown the beef then transfer and reserve fat in pot. Transfer.
 - Sautee veggies.
 - Pour in broth, tomato sauce, tomatoes, seasonings and beef.
 - Bring to a light boil, add rice. Cover and simmer until rice is tender.
 - Stir in more broth to thin as desired, stir in lemon and parsley.
- Actually much easier than it may appear with all those ingredients!

Yes you can also cook it in a crock pot.

To do so:

1. First brown the beef, transfer to slow cooker.
2. Saute onion, then garlic, transfer to slow cooker along with other ingredients up to and including rice.
3. Cover and cook on low heat 6 – 7 hours until rice is tender.

Stir in more broth as needed, lemon and parsley.



<https://www.cookingclassy.com/cabbage-roll-soup/>

Onions Cliparts #196405
(License: Personal Use)



10 Foods I Eat Every Day to Beat Depression 10 foods By [Therese Borchard](#)

6. Onions: Layered With Cancer-Fighting Allium

You won't find this item on most lists of mood foods. However, it's included in Dr. Fuhrman's G-BOMBS because onions and all allium vegetables (garlic, leeks, chives, shallots, and spring onions) have been associated with a decreased risk of several cancers.

"Eating onions and garlic frequently is associated with a reduced risk of cancers of the digestive tract," explains Fuhrman. "These vegetables also contain high concentrations of anti-inflammatory flavonoid antioxidants that contribute to their anticancer properties." Again, if you consider the relationship between your digestive tract and your brain, it is understandable why a food that can prevent cancers of the gut would also benefit your mood.

Celebrating Black History Month
Harriet Tubman \$20 bill Redesign
By Dannie S.



Harriet, (born **Araminta Ross**, b. March 1822 –March 10, 1913) to grace the \$20 dollar bill in Joe Biden's term as our 46th President. This miraculous woman was only 5'2 inches full of determination running from oppression and human bondage. She championed other's rights as an active spy and in the women's suffrage movement until illness overtook her. After her death in 1913, she became a symbol of courage under fire despite having been born into slavery.

*“**Slavery** is a social-economic system under which persons are enslaved: deprived of personal freedom and forced to perform labor or services without compensation. These people are referred to as slaves”- Wikipedia.*

Can you imagine not having any say in your life today? When to rise or go to bed, what to eat . . . , family members sold away from you or beaten into submission, helpless and without permission. Conditions were brutal.

She could neither read nor write but was important to the lives of many people. How was she important to others? As a woman with the codename “Mosses” taken from biblical text, led her people to the promise land by going further into Northern states/territories, finally brought family and friends into Canada. Thirteen rescue missions of human cargo chain through the underground railroad with as many as 70 persons freed. She never lost a fellow traveler as an abolitionist; she moved people to safety during the winter and on weekends to avoid detection into the safe houses.

She also acted as a spy and scout during the American Civil War, for the Union Army. Before that she helped with duties as a cook and a nurse curing dysentery. Never a dull moment she helped free up to larger and larger numbers of Slaves 700 to 3,000+. By the time she stopped, her uncanny success rate was due to the injury she received as a child.

*“-dizziness, pain, and spells of **hypersomnia**, which occurred throughout her life. After her injury, Tubman began experiencing strange visions and vivid dreams, which she ascribed to premonitions from God. These experiences, combined with her **Methodist** upbringing, led her to become devoutly religious.” -Wikipedia*

Twenty-dollar bill

“On April 20, 2016, then-**U.S. Treasury Secretary Jack Lew** announced plans to add a portrait of Tubman to the front of the **twenty-dollar bill**, moving the portrait of President **Andrew Jackson**, himself a slave owner, to the rear of the bill.[194] Lew instructed the **Bureau of Engraving and Printing** to expedite the redesign process,[195] and the new bill was expected to enter circulation sometime after 2020.[196] However, in 2017 U.S. Treasury Secretary **Steven Mnuchin** said that he would not commit to putting Tubman on the twenty-dollar bill, saying, "People have been on the bills for a long period of time. This is something we'll consider; right now we have a lot more important issues to focus on." [197] In 2021, under the **Biden Administration**, the Treasury Department resumed the effort to add Tubman's portrait to the front of the \$20 bill and hoped to expedite the process.[198] ”- Wikipedia. _V