

TRAVERSE HOUSE CLUBHOUSE

Traverse City Weekly Newsletter #44

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



Clubhouse News House Policy

Space Updates:

Culinary Unit:

- Add back splash to mop sink,
- Advanced will be inspecting dishwasher,
- Temperature Control will be checking out ice build up in Freezer
- Dining room: have wires tucked, pexi glass
- Café: Pexi glass installed

Clerical Unit:

- Spackle/Paint wall by entry & wall by pantry
- CMH IT team assist in ensuring TV is operating
- Pexi glass

2021 DHHS Grant Training: Award up to \$2,000. Track training: March: housing, WOD, TE and in May: employment, young adult. We would like to decide which ones by next week. We are a training base and are planning on hosting New Colleague training on May 13th. Details to follow.

Tax Time

It's not too late to do your taxes! NMCAA offers free tax preparation for our members. Traverse House can drop off or mail a tax packet to you, OR we can assist you with filling out the paperwork at the Clubhouse. Please call and get connected with a staff or member who can help.

OVER 65?

CALL THE
COVID-19 VACCINE HOTLINE
(231) 715-5557

BE KIND.
BE PATIENT.
BE READY.



Vaccine Info

The Area on Aging of Northwest Michigan and United Way Northwest Michigan have established a hotline to call and be placed on the scheduling list for the COVID-19 vaccine.

If you have questions, please call the Clubhouse.

Clubhouse Michigan Webinar

Traverse House has an opportunity to learn about a new Clubhouse database!

SAVE THE DATE

CLUBHOUSE MICHIGAN PRESENTS

LET'S
Talk
DATA

FLOURISH
LUNCH & LEARN WEBINAR

JOIN US AND LEARN HOW
FLOURISH HAS BEEN UTILIZED AT
BAYSIDE LODGE!

TUESDAY, FEBRUARY 23RD
12:00 PM - 1:00 PM

REGISTRATION AND LOG-IN INFO COMING SOON

We all know how important statistics are to the Clubhouse community, and this database was built specifically for Clubhouses around the world to use.

Please join us on Tuesday February 23rd at 12pm to preview this new database and have a chance to ask questions.

Advisory Board

On February 16th the Traverse House Advisory Board met and the following items were discussed; Education update- information about our scholarship program and connecting with members interested in going to school. Developing in-house tutoring support for GED.

Fundraising update- Traverse House is gathering information about a virtual run fundraiser. We will be reaching out to Vail Place Clubhouse in Minnesota for more information. We are hopeful to do this fundraiser this summer (join us on Friday's at 1pm to get involved).

Housing update- Traverse House has 2 more members who gained stable housing in the last 2 months! We are still working closely with Goodwill Inn, Street Outreach, and Safe Harbor.

Directors Corner

Traverse House is getting closer each day to reopening our physical space. We are closely monitoring the Traverse City area risk level, which has finally decreased to level "D". Prior to February 10th, Traverse City was classified as level "E" which is the highest risk level. The number of positive COVID-19 cases is continuing to decline, and many members have reported receiving their vaccine.

Traverse House strongly encourages getting vaccinated if you are able. This will help to keep our Clubhouse members and staff safe and well when we are back working in the Clubhouse space.

Please know that I am working hard along side NLCMH and DHHS guidelines to create a safe reopen plan. I need member participation in our unit meetings and house policy meetings to complete this plan and make decisions around a reopen date. Please join us daily at 10am!! Sending positive vibes to you all, Hannah

Winter has arrived! Violet and Dakota built a snow cave to stay warm :)



Clubhouse Cooking

Last week, Cheryl demonstrated how to make cabbage roll soup. It's a very healthy option using vegetables and lean meat.



Hannah showed us how to make homemade granola bars using just a few ingredients. This is a better alternative to store bought granola bars that typically have lots of added sugar and have a high cost. You can find the recipe in this weeks newsletter.

Next week, Cheryl will be making skillet cornbread to serve with pinto beans and ham. Join us on Thursday 2/25 at 1:30pm and share your recipe!



Quote from Connie L.

"No one is you and that is your super-power."

---Unknown



February
22nd Tony Y
23rd Douglas S.
28th Jean S.



Jokes By Eric B.



What did one foot say to the other foot?
You're my arch enemy.

Trivia By Kathy P.

Which President was the oldest at his Inauguration?
A. George H W Bush, B. James Buchanan, C. Ronald Reagan D. William Henry Harrison.

Answer: Ronald Reagan

Creative Corner

A beautiful illustration by Betsy Z. this week celebrating Black History Month.

Have you been working on something creative? We want to see it and hear about it! Please contact the Clubhouse for submissions.



Daily Remote Unit Meeting

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

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 Hannah Driver*

Homemade Granola Bars

Ingredients:

*1 cup peanut butter or almond butter
2/3 cup honey
1 tsp. vanilla extract*

*1 tsp. Cinnamon
1/2 tsp. Salt
2 cups quick oats
1 cup rice cereal*

Mix ins: You could add any nut, dried fruit, chocolate chips, coconut



Directions:

Mix together peanut butter, honey, and vanilla extract in a bowl.

Add cinnamon, salt, oats, and cereal to the peanut butter mixture. Mix well.

Add any mix-in's you would like!

Spray a 8x8 or 9x9 dish with any non-stick cooking spray. Pour the mixture into the dish and press down so the mixture is flat and compact.

Let sit in the refrigerator for 1 hour. Cut into bars and enjoy!



*10 Foods I Eat Every Day to Beat Depression
#7. Tomatoes: Packed With Depression Fighters*

I try to eat at least six baby tomatoes in my salad each day for lunch because tomatoes contain lots of folic acid and alpha-lipoic acid, both of which are good for fighting depression. According to research published in the Journal of Psychiatry and Neuroscience, many studies show an elevated incidence of folate deficiency in patients with depression. In most of the studies, about one-third of depression patients were deficient in folate. Folic acid can prevent an excess of homocysteine — which restricts the production of important neurotransmitters like serotonin, dopamine, and norepinephrine — from forming in the body. Alpha-lipoic acid keeps coming up as I read more about nutrition and the brain, so I have begun to take it as a supplement, as well. It helps the body convert glucose into energy, and therefore stabilizes mood.

Black Lives Matter



An appropriate quote “**Only love is real.**” “Whenever you’re afraid, remember this: **only Love is real. Let love bless you, guide you, and Inspire you.**” Louise Hay’s *Life Love’s Me* cards.

We can thank Martin Luther King JR. for the current Non-Violent methods of civil disobedience protesters utilized its messages for advocacy of minority groups. He offered this message of hope. Inspired three women Patrisse Cullors, Alicia Garza & Opal Tometi formed a movement dedicated to help eradicate systematic racism felt across America.

Black Lives Matter (BLM)

In July 2013, the movement began with the use of the [hashtag #BlackLivesMatter](#) on [social media](#) after [the acquittal](#) of [George Zimmerman](#) in [the shooting death](#) of [African-American](#) teen [Trayvon Martin](#) 17 months earlier in February 2012

BLM is a [decentralized political](#) and [social movement](#) protesting against incidents of [police brutality](#) and all [racially motivated violence](#) against [black people](#).^{[1][2][3][4][5]}

Norwegian Petter Eide (born 15 August 1959) is a Norwegian politician, member of Parliament, representing the Socialist Left Party since 2017. He also worked with Amnesty International and Care International known to the Norwegian public also as Secretary General of the Norwegian branch. -Wikipedia.

We found studies showing more than 90% of the demonstrations in the U.S. were peaceful. Most of those incidents of violence was based on either aggressive police behavior or counter-demonstrations," said Eide, who has represented the Socialist Left Party in the Norwegian parliament since 2017. "I'm quite convinced that Black Lives Matter is a peaceful organization." By **Bill Hutchinson** January 31, 2021, 2:49 PM ABC news

Nominated BLM for the Nobel Peace Prize Nomination of 2021-, Flash! In an instant a human life was extinguished. 8 min. 46 sec. was all that it took. Americans watched transfixed shockingly witnessed Gorge Floyd's, senseless murder on May 25, 2020. This act of cruelty was one of a long list of the current injustice and brutality people of color experience on a daily basis. An officer in blue, whose sworn duty was to protect & serve overstepped the boundaries of human decency. While we were all helpless bystanders to the prevention George's tragic passing, I believe this is the catalyst for which the current Nobel Peace Prize nomination gesture was based upon.

Following the [killing of George Floyd](#), M4BL released the [BREATHE Act](#), which called for sweeping legislative changes surrounding policing; the policy bill included calls to divest from policing and reinvest funds directly in community resources and alternative emergency response models.^[37]

"Awarding the Peace Prize to Black Lives Matter, as the global strongest force against racial injustice, will send a powerful message that peace is founded on equality, solidarity, and human rights, and that all countries must respect those basic principles," Eide said.

NBC news Feb. 1, 2021, 10:36 AM EST

By Tim Fitzsimons