



## Save the Date: Opening Monday, March 15th

### Culinary Unit

Open 9-12:30 & 1-3

**\*Unit meeting call at 9:30**

Morning Work Ordered Day (WOD)

- ◆ Managing Café
- ◆ Helping unload food truck, food rotation
- ◆ Checking Fridge/Freezer temps
- ◆ Putting food boxes together
- ◆ Preparing lunch
- ◆ General Daily cleaning of the Kitchen & Cafe

**\*Afternoon Zoom at 1pm**

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Special Projects for the Afternoon:

- ◆ Food Prep
- ◆ Shopping
- ◆ Pantry organization
- ◆ Plant Project
- ◆ Laundry
- ◆ Cooking Show

### Clerical Unit

Open 9-12:30 & 1-3

**\*Unit meeting call at 9:30**

Morning Work Ordered Day (WOD)

- ◆ Outreach calls
- ◆ Data Entry
- ◆ Facebook Posting
- ◆ Feeding birds & fish
- ◆ Water the plants
- ◆ Manage bus passes
- ◆ Manage reception: answer the phone, lunch sign up

**\*Afternoon Zoom at 1pm**

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Special Projects for the Afternoon:

- ◆ Coffee Mug project
- ◆ Member Services
- ◆ Plant Project
- ◆ Newsletter
- ◆ Mailings
- ◆ Website Blog

### Remote

Hours flex

**\*Unit meeting call at 9:30**

Morning Work Ordered Day (WOD)

- ◆ Outreach calls
- ◆ Manage Clubhouse Website
- ◆ Facebook Posting
- ◆ Newsletter
- ◆ Weekly contributions
- ◆ Quarterly-Community
- ◆ Mailings

**\*Afternoon Zoom at 1pm**

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Special Projects for the Afternoon:

- ◆ Outreach calls
- ◆ Cooking show
  - ◆ Time TBA:
- ◆ Social Rec: Bingo, Jeopardy

### Daily Unit & Zoom Meeting

**Monday-Friday**  
Conference Call number:  
**1-312-626-6799**

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

\*Same number for Bingo, cooking and Jeopardy.

**Zoom meeting number:**

**Meeting ID: 739 167 9722**

**New Meeting-Times**

### Contact Us:

231-922-2060

email: trahse06@yahoo.com

Facebook: Advocat Travrse Hch

Web: www.traversehouse.org

### Director's Corner

A few reminders about returning to the Clubhouse space; upon arrival to your shift you will be given a health screening and a temperature check. Masks must be worn while inside at all times, and it is important to have the mask cover both your mouth and nose. We will ask that you use sanitizer when you enter the Clubhouse, and that you wash your hands frequently. We will be sanitizing surfaces throughout the day. Finally, please remember that we will not be eating inside the Clubhouse space initially, but we are hopeful that indoor dining will be an option in the near future. Contact the Clubhouse if you have any questions!! :)

## Quote From Connie L.

"Hard work keeps the wrinkles out of the mind and spirit."  
---Helena Rubenstein



### **March**

10<sup>th</sup> Vickie B.    17<sup>th</sup> Patty M  
12<sup>th</sup> Jim O.     19<sup>th</sup> Cindy L.  
14<sup>th</sup> Arissa S.   20<sup>th</sup> Deb C.  
                         21<sup>st</sup> David B.



### Jokes By Eric B.

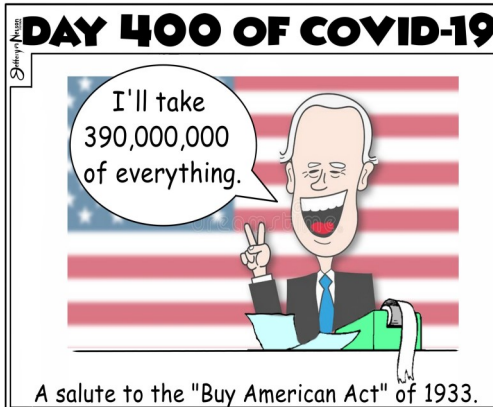
Did you hear about the librarian who broke the law? They threw the book at her.

What do you call it when someone is fired from the stationary store? They call it a paper cut.

### Trivia By Kathy P.

What was St. Patrick's given birth name? Maewyn Succat

### Creative Corner



### Member Testimony

**By Steph T.**

"Hello, my name is Stephany Terry. I'm writing a short story about our clubhouse, the Traverse House. They are a clubhouse that is for people with disabilities. Some people are physical and mental. Myself, I have a little of both. I was in a bad car accident in 1995. The staff at clubhouse are good and have helped me to learn to read, write, cook, be civil to people. Clubhouse helped me get a job. There are different units and committees: Culinary, Clerical, Health & Wellness, Fundraising. We celebrate birthdays and national holidays. We are open Monday through Friday 8-4 (prior to covid). I have been a member for 5 years. Our doors are always open to help. Our Director is a mother of two but takes care of all of us. She is pretty special to me and to all of us. I feel like my club is one big family and works well together. Our staff are wonderful. They are always there to listen and help us when we need help. Our clubhouse is not anything less than a great big family. You always feel loved.

## Health & Wellness

### 10 Foods that are good for Depression

By **Therese Borchard**

**Apples: Ripe With Antioxidants and Fiber:** An apple a day could — if eaten with the rest of these foods — keep the [psychiatrist](#) away, at least for stretches of time. Like berries, apples are high in antioxidants, which can help to prevent and repair oxidation damage and inflammation on the cellular level. They are also full of [soluble fiber](#), which balances blood sugar swings. A snack I have grown to love is almond butter on apple slices. I get my omega-3 fatty acid along with some fiber.



[www.defisherfruitfarms.com](http://www.defisherfruitfarms.com)

## Ginger Root Tea

By **Betsy Z.**

1 small ginger root (pictured)  
1 lemon peel about an inch long.  
Honey



Peel ginger root, thinly slice it.

Pour 6 cups of water into pan, heat until steaming. Put ginger root in for about 5 mins.

Add lemon peel cook for 2 mins. Strain. Pour yourself a cup and put in some honey.

When done, you can save the rest to make iced ginger tea, or heat up for another cup for later. This tea is great for curing nausea!

## In Other News

- ♦ **Education:** The education committee meets monthly to review opportunities for members to further their educational goals. Michigan Reconnect is a program that we are learning more about, and offers tuition free options for those pursuing associates degrees. If you would like more information— call Clubhouse!
- ♦ **Housing:** We have created a housing data base and are eagerly looking forward to creating a housing resource area in our Clubhouse. If you would like to help, or if you need housing resources— call Clubhouse!
- ♦ **CPR:** Last week, we met with the Northern Lakes Community Public Relations Committee. If you would like to get involved with a 6 county newsletter please join us on Wednesday March 24th @3pm — call Clubhouse for more information!

## 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+

## Update on Vaccine Roll Out Phases: MDHHS

*(Updated March 3, 2021)*

- ⇒ By March 1, 2021, all areas of the state may, as vaccine supplies are available, also implement vaccination of people who are frontline essential workers in the food processing and agricultural industries.
- ⇒ By March 8, 2021, all areas of the state may, as vaccine supplies are available, also implement vaccination of people who are aged 50 and up with medical conditions and disabilities, as well as caregiver family members and guardians age 16 and older of children who have special health care needs (part of Phase 1C Groups B and C). This includes individuals in Phase 1B Group B who live in congregate settings (i.e., homeless shelters, jails, prisons).
- ⇒ By March 22, 2021, all areas of the state may, as vaccine supplies are available, also implement vaccination of people who are aged 50 and up (part of Phase 2). This includes people who live in congregate settings (i.e., homeless shelters, jails, prisons). *Michigan.gov/mdhhs*

## Celebrating Women's History Month



**\*She was dubbed "Crazy Daisy" by her family and friends, due to her eccentricities.<sup>[16]</sup>**

-Wikipedia

As a young girl I was not aware of just how women were treated in the workplace or in their own homes until high school. I'm thankful to Girl Scouting founder Juliette Gordon Low. She served as my role model. Perhaps women like Elizabeth Cady Stanton, Lucretia Mott, and Susan B. Anthony helped inspire Juliette Gordon Low.

Low started an organization (1912) for all girls regardless of race, religion, economic status, and ability during a time when such a movement was not a mainstream or acceptable concept. She sought to educate young women on leadership, assistance to others, survival skills, and independence, through an organization that parallels the Boy Scouts. Through her vision, she created an important movement that embraced women's roles while expanding gender definitions. -LearningtoGive.ORG.

In another instance the right to vote came at a pivotal moment toward the later part of her life. [the Nineteenth Amendment became part of the U.S. Constitution on August 18, 1920. It states, "The right of citizens of the United States to vote shall not be denied or abridged by United States or by any State on account of sex.]" and later the ERA. Women have fought valiantly for their rights, some going to jail even joining hunger strikes, threatened with force feedings by the authorities. In December of 1923, the first ERA was introduced by Alice Paul and Crystal Eastman. Equal Rights Amendment was designed to guarantee equal rights for all Americans citizens regardless of sex. It sought to end legal distinctions between men and women in matters of divorce, property, employment, and other matters. <sup>[1]</sup> – Wikipedia

❖ 1956 Martin Luther King Jr. described Girl Scouts as "a force for desegregation".<sup>[18]</sup> -Wikipedia. This important concept followed "True spirit of friendship" to all girls, and cooperation in educating young ladies in all areas of life. -Dannie S.

### Women's History: Juliette Gordon Low



#### Juliette Gordon Low

October 31, 1860  
- January 17, 1927

The movement was only a few years old when the United States entered World War I, but Daisy knew immediately what role her girls could play. She made sure that Girl Scouts had the cooking, homemaking, and first aid skills that would allow them to keep the home fires burning, as men went to war and women went into the fields and factories. She dispatched her girls to ease the burden and worries of mothers and wives. -GSHistory.com

❖ Juliette Low's parents raised her with traditional Southern values, and they emphasized the importance of duty, obedience, loyalty, and respect. These ideals still hold true today.