

TRAVERSE HOUSE CLUBHOUSE

Traverse City Weekly Newsletter #48

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



WE HAVE OPENED!!!

Kitchen and Culinary Units both meet at 9:30am for the morning Unit meeting, and again at 1:00 pm for the afternoon unit meeting. Both meetings can be accessed using zoom, or simply by using your phone to call in. The information is below :)

The Culinary Unit;

- ◆ Manages Café
- ◆ Helps unload the food truck
- ◆ Puts food boxes together for members
- ◆ Rotates Café Coolers
- ◆ Helps prepare lunch
- ◆ General cleaning of the kitchen and Café

The Clerical Unit;

Outreach Calls
Manages Reception,
Answering the phone
Lunch sign up
Data Entry and More!

Daily Unit & Zoom Meeting

Monday-Friday
Conference Call num-
ber:

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**

THIS JUST IN!

“Grand Traverse County Health Department partners with community groups to administer first round of Johnson & Johnson Vaccine”

From Hannah: “The opportunity to serve adults with disabilities through the Hagerty Vaccination Clinic today was simply invaluable. Over the past year, Northern Lakes Community Mental Health and Traverse House Clubhouse have maintained a sense of community and connectedness with the population we serve to combat isolation that this pandemic brought. This vaccine provides the hope we have been waiting for, and an opportunity to come back together in the safest way possible.”



Director's Corner

We are all so happy to be working back in the Clubhouse this week! It's really important to follow through with attending the shifts that you've signed up for. Also, please remember that calling the Clubhouse is the best way to have questions answered and connect with staff and members. Please try to be patient when calling and respectful to the receptionist. Call now to get signed up for next week!-

Hannah

Contact Us:

231-922-2060

email: trahse06@yahoo.com

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

Web: www.traversehouse.org

Quote From Connie L.

“The highest form of knowledge is empathy, for it requires us to suspend our egos and live in another’s world.” - Plato



March
17th Patty M
19th Cindy L
20th Deb C
21st David B

Trivia By Kathy P.

How many pints of Guinness are consumed worldwide on St. Patrick's day?

Answer: 13 Million Pints!

Jokes By Eric B.

What did one brain say to the other brain?

A: You've got nerve!

What is a mathematician's favorite food?

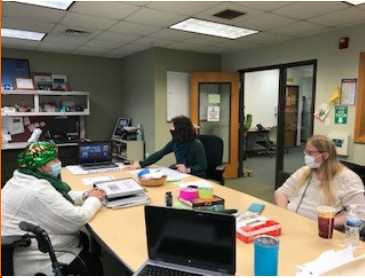
A: Pi

Grateful For:

Connie L was able to get her COVID-19 Johnson & Johnson vaccine on Friday, March 12th at the Hagerty Event Center. Other members of the Clubhouse were also vaccinated the same day. Our Traverse House Director secured the vaccinations for our members, and, along with the other staff, transported members who did not have transportation to and from these appointments. Connie is grateful to have been able to get vaccinated so soon. “Thank you so much Hannah and Staff!!! We are lucky to have each and every one of you as a colleague at our Clubhouse!”

Patty M is excited for summer! She is grateful for good weather!

We meet each morning at 9:30 to have our unit meeting and get organized for the day!



Mike and Alex back to work in the Clubhouse kitchen!!

Health & Wellness

Artichokes have been enjoyed for centuries and prized for their wonderful flavor. Artichokes contain an ingredient called cyanin, which helps improve bile flow. Bile is the main way the body gets rid of excess cholesterol. Research has shown artichoke leaf extract can help lower cholesterol.

<https://nutrim.com/wp-content/uploads/2020/06/artichoke-300x290.png>

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+

Sausage and Spinach Meatballs

Brought to you by Dannie S

Ingredients:

- 2 Pounds of Italian Sausage
- 1 Large Yellow Onion, peeled and chopped
- 1 package of frozen spinach
- salt and pepper to taste
- 1 Cup of Ricotta cheese
- 2 Eggs
- 1/8th teaspoon nutmeg

Directions:

Mix together all of the ingredients, except the white wine and oil

Form meat into meatballs and brown them in oil on all sides

Add the white wine, cover the pan, and allow to simmer for 20 minutes. (You may need to add more white wine so the pan does not dry out)

