

Traverse House Clubhouse

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



Traverse City

News This Week

Stimulus Checks: This week the government began depositing economic impact checks. They started to be distributed by direct deposit if bank account information was on file from 2018 or 2019 tax returns. People who have not given their direct deposit to the IRS may have to wait weeks or months for a paper check to be mailed out. The amount given is \$1200 for single individuals, \$2400 for married couples, and \$500 for each child under 17 years old.

New DHHS Peer Line: There is now a statewide warmline for Michiganders living with persistent mental health conditions. The warmline will connect individuals with certified peer support specialists who have lived experiences of behavioral health issues, trauma or personal crises, and are trained to support and empower the callers.

The warmline will operate seven days a week from 10 a.m. to 2 a.m. at 888-733-7753. It is intended to serve individuals living with persistent mental health challenges including anxiety, depression and trauma.

Bill Zimmer: If you are having any difficulty applying for unemployment benefits or have questions about SSI/SSDI benefits during COVID-19 please feel free to contact Bill at **231-922-0903 extension 314.**



NLCMH has worked for the last 3 years with Traverse House to provide employment opportunities in Supported and Transitional Employment placements as Parking Lot Attendants, Greeters, and Peer Support Specialists. Over the course of this partnership, NLCMH has employed 21 members. Going into April 2020, NLCMH was in the process of hiring 4 new Parking Lot Attendants and 2 new Greeters. We will be so excited when those members can finally start their jobs!!

The award was presented to Karl Kovacs, CEO of NLCMH, by Senator Wayne Schmidt who has been a wonderful support to Traverse House Clubhouse, NLCMH, and the overall advocacy of mental health issues. Justin R, a former Parking Lot Attendant, spoke about his job and how much pride and responsibility it gave him. Justin was able to build his employment skills and transition into working for the Hagerty Banquet Center as a Kitchen Steward.

Daily Unit Meeting

Monday-Friday at
11:00am

Just call 1-712-775-7031, then enter the code 602-439-844.

Agenda

Roll Call & Deep Breath
Inspirational Quote of the Day
Clubhouse Standard
Birthdays & Outreach Calls
Employment Review
Successes & Additional Needs
Newsletter

Inspirational Quote of the Week

"Keep your face always toward the sunshine and shadows will fall behind you." Walt Whitman



A Word from Our Members

John St. and Christine G. report that they are safe and sound with a view of the bay! John explains that it is a great relief to be staying somewhere stable and warm. They have been spending their time reading, relaxing in the jacuzzi, and waking up each morning with a beautiful view of the water.

“Even though our doors are closed- our hearts are still open,” Stephany T.

Betsy Z is spending time at her parents’ home. She reports that they went for a nice drive just for a change of scenery and she’s going outside each day for fresh air.

Pearl G, Pat R, Pete W, and Cindy L have said they enjoy seeing the silly staff picture when they wake up each day.

Easter Meal Delivery



A HUGE thank you to Leslie and Cheryl for preparing our delicious Easter meal this year! We had a total of 45 meals delivered. Pictured above is Connie L and her Easter bunny as the meal is delivered to her doorstep.

The Flip Side

It’s a dirty job but someone’s gotta do it! With no members at the Clubhouse, Cheryl and Leslie have been doing their best to keep things organized.



Something Funny

What did the duck say when he bought lipstick?

Put it on my bill

Why did the can crusher quit his job?

Because it was soda pressing

What do you call a parade of rabbits hopping backwards?

A receding hare-line.

Wellness: Keep Calm and Listen On

I’ve lost count how many days I’ve spent by myself, but I ran across an app that focuses on relaxation mindfulness. If you are looking for ways to battle the effects of isolation, boredom, anxiety and depression... try this feature.

Calm Radio is internet based with the options of **free & paid subscriptions**. For the paid subscription, cost is minimal- \$10.99 US dollars per month. Just sign up and confirm then use the downloaded app. You will have 400 or 500 channels! The paid account has guided meditation, layers of nature sounds, and music for different genre: country, folk, rock, etc... the free part has some ads.

<https://calmradio.com/en/subscribe>

They offer a partial distraction in these parlous times. Keep playing for hands free dancing around your living quarters as if nothing matters, dishes- no problem! Unmade bed... unfinished art projects waiting for finishing touches.

Phone: 231-922-2060 trahse06@yahoo.com

Facebook– Advocat Travrse HCh

<http://www.traversehouse.org>

Important Numbers:

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+

Keep Calm and Listen on- Dannie S.

