

Traverse House Clubhouse

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



Traverse City Weekly Newsletter

News This Week

News from the Governor: On Wednesday this week, Governor Whitmer spoke about evaluating the stay at home order and will report further on Friday 4/24/20. She voiced that there will likely be another short-term extension of the order, and will continue to review data presented by medical experts.

Stimulus Checks: Some members have started to receive their economic impact checks. If you have not filed taxes over the last 2 years, please enter your information at:

<https://www.irs.gov/coronavirus/non-filers-enter-payment-info-here>

Cherry Festival Cancelled: At the end of last week, we were notified that the Cherry Festival will not take place this summer. This means that Traverse House will not do our annual fundraiser, however, our member fund is still in great shape! We have no reason to worry about the loss of revenue, because we have saved so much from years past. Some members have voiced that they are still very interested in doing a different fundraiser this year- and we are open to any ideas that you may have.

Traverse House Advisory Board: Since our doors have been closed, we have cancelled 2 advisory board meetings. We are hoping to meet via conference call on May 19th to connect with our board and discuss all of the meaningful work we've been able to accomplish over the last 6 weeks.

NLCMH Warm Help Line: This is now available during business hours. Call 800-492-5742.

Use the My Strength Application: This is an online application that has activities and tools to manage stress, improve mood, or simply find daily inspiration. Go to mystrength.com and use the code: *NLCMHcommunity*



How does this crisis uniquely effect the Clubhouse Community?

Regulations and guidelines seemingly contradict our model of social connection, which has been designed to combat the isolation that often accompanies mental illness.

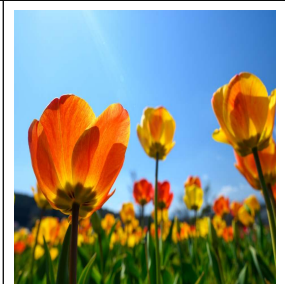
Solution: Close the building, but not the community! YOU as Clubhouse members are essential too!!

Please join your fellow Clubhouse Colleagues on the daily unit call to participate in our virtual community and contribute to our daily work.

Call: 1-712-775-7031, Code: 602-439-844

Inspirational Quote of the Week

"We must be the change we wish to see in the world" -Gandhi



A Word from Our Members

Sue O provided a membership update this week. She reports that she will be ready for the Advisory Board meeting in May. Also, Sue has joined the Consumer Advocacy Council and will be participating in her first meeting in June. Sue is a representative for the NMRE (Northern Michigan Regional Entity) and they will be meeting in July. She says "I hope all is well with all of you. I have started making some masks and will be selling them for 5\$ each. Please let me know if you would like one."



Kathy P is pictured in a homemade mask that a nurse made for her.

Something Funny

My Self-Isolation Quarantine Diary

- Day 1 – I Can Do This!! Got enough food and wine to last a month!
- Day 2 – Opening my 8th bottle of Wine. I fear wine supplies might not last!
- Day 3 – Strawberries: Some have 210 seeds, some have 235 seeds. Who Knew??
- Day 4 – 8:00pm. Removed my Day Pajamas and put on my Night Pajamas.
- Day 5 – Today, I tried to make Hand Sanitizer. It came out as Jello Shots!!
- Day 6 – I get to take the Garbage out. I'm So excited, I can't decide what to wear.
- Day 7 – Laughing way too much at my own jokes!!
- Day 8 – Went to a new restaurant called "The Kitchen". You have to gather all the ingredients and make your own meal. I have No clue how this place is still in business.
- Day 9 – I put liquor bottles in every room. Tonight, I'm getting all dressed up and going Bar hopping.
- Day 10 – Struck up a conversation with a Spider today. Seems nice. He's a Web Designer.
- Day 11 – Isolation is hard. I swear my fridge just said, "What the hell do you want now?"
- Day 12 – I realized why dogs get so excited about something moving outside, going for walks or car rides. I think I just barked at a squirrel.
- Day 13 – If you keep a glass of wine in each hand, you can't accidentally touch your face.
- Day 14 – Watched the birds fight over a worm. The Cardinals lead the Blue Jays 3-1.
- Day 15 – Anybody else feel like they've cooked dinner about 395 times this month?

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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+

What's on Our Table?

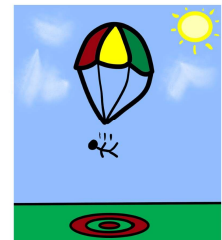


A HUGE thank you to Leslie and Cheryl for continuing to prepare meals for our members every single Monday, Wednesday, and Friday! We had a lot of positive feedback from members. Pictured above is Cheryl with BBQ chicken, mashed potatoes, and fresh strawberries

Photos by Jeff N



Leaving your house before the end of the COVID-19 Pandemic



Betsy's new little snake is enjoying all the attention from Betsy and having her home.

On Earth Day this year we reflect about how people around the world are staying home. This gives our Earth a chance to breathe without pollution, the wild animals can move freely, and the waters can run clearer. Pictured below is India Gate in New Delhi, India. The first photo was taken in November 2019, the second was taken April 20th, 2020.

