

# TRAVERSE HOUSE CLUBHOUSE

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



## Traverse City Weekly Newsletter #57

### **Culinary**

Mike P and Jake are cooking up some rice and broccoli for lunch. Clubhouse has begun **indoor dining!**

Clubhouse is able to begin to reduce restrictions due to covid-19.

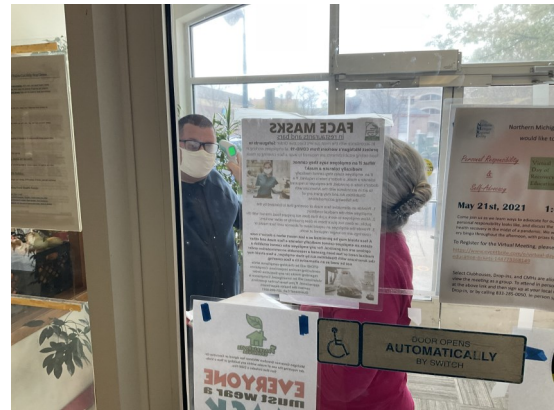
We hope you can join us soon!



### **Food Coalition Report**

Today's meeting with the Food Coalition "Traverse house was provided an update with clubhouse operations and the Coalition offer updated community resource list. Please call Clubhouse for further information!"

### **Checking in**



Clubhouse procedure when you arrive at club. You are asked a few health questions and your temperature is taken, next you use hand sanitizer and Welcome to Traverse House.

**Meal Delivery Statistics for April: 88**  
**Lunches Served in April: 91**

### **Coffee Hour Monday and Friday at 8:30**

Join us via Zoom  
Conference Call number:  
**1-312-626-6799**

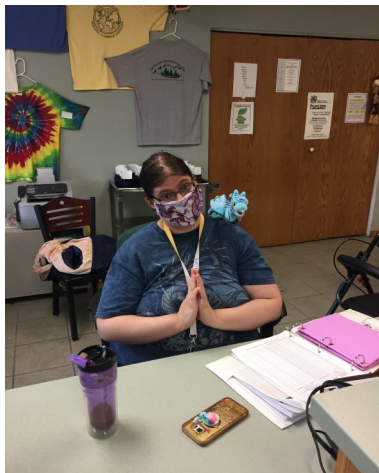
**Meeting ID: 739 167 9722# #**

#### **Why do you attend coffee hour?**

"It gets me going in the morning and it helps me socialize. I don't socialize much due to the pandemic. I can keep in contact with some of the members." ~

Betsy Z.

"I attend because it gives me a chance to talk with members and staff. It is a great way to start my day. I really enjoy that!" ~ Kathy P

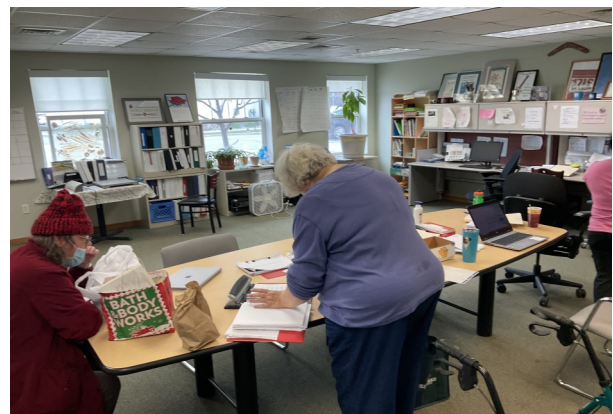


**Membership Statistics:: 92 Active**

**30 Average Daily Attendance**

### **Work in Clerical Unit**

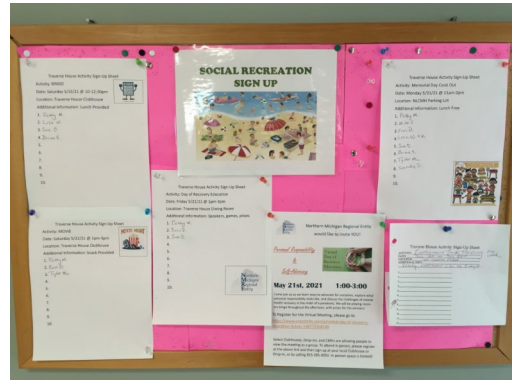
Nancy L. and Sandy S. assembling Leslie's evaluation.



## Director Corner

It's Social Time!! After only offering virtual social opportunities over the past 6 months, we are finally returning to in-person socials. These activities are very important to the overall culture of Traverse House as they give us time to connect and build relationships outside of our work ordered day.

In May, there are two Saturday's that Clubhouse will be open AND we are having a cookout on Memorial Day! A big thank you to Erin D. who assisted this week with re-designing our social recreation sign up board. Call the Clubhouse to sign up for these opportunities or if you have any questions! -Hannah



## May birthdays

19<sup>th</sup> Paul O.  
25<sup>th</sup> Natasha G., Cindy Z.  
26<sup>th</sup> Claudia T. 27<sup>th</sup> Brian Slo.

### Trivia by Kathy P.

What day in May is Star Wars Day?

Answer: May 14<sup>th</sup>

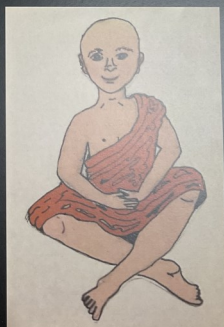
## Creative Corner



My thoughts flow like water currents in a turbulent stream. Maybe even brittle reeds in the wind, which may snap! Meditation softens these thoughts — allowing me to practice a unique skill of "Awareness". I can go for longer periods without judgement, attachment, or aversion.

Pencil strokes and breath are a healthier alternative to excessive worry.

— Dannie



### Quote from Connie L.

"Hope is the magic carpet that transports us from the present moment into the realm of infinite possibilities"

H. Jackson Brown Jr.

### Jokes By Eric B.

What did Michelangelo like to eat?  
Works of culinary art.

### Daily Remote Unit Meeting

**Monday-Friday at 9:30 & 1pm**  
**Conference Call number:**  
**1-312-626-6799**

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

\*Same number for Jeopardy once a month

**Zoom meeting number:**

**Meeting ID: 739 167 9722**

**\*\*Facebook Password Changed\*\***

### Contact Us:

231-922-2060

email: [trahse06@yahoo.com](mailto:trahse06@yahoo.com)

Facebook: [Advocat Travrse Hch](#)

Web: [www.traversehouse.org](http://www.traversehouse.org)

### CMH Crisis Line:

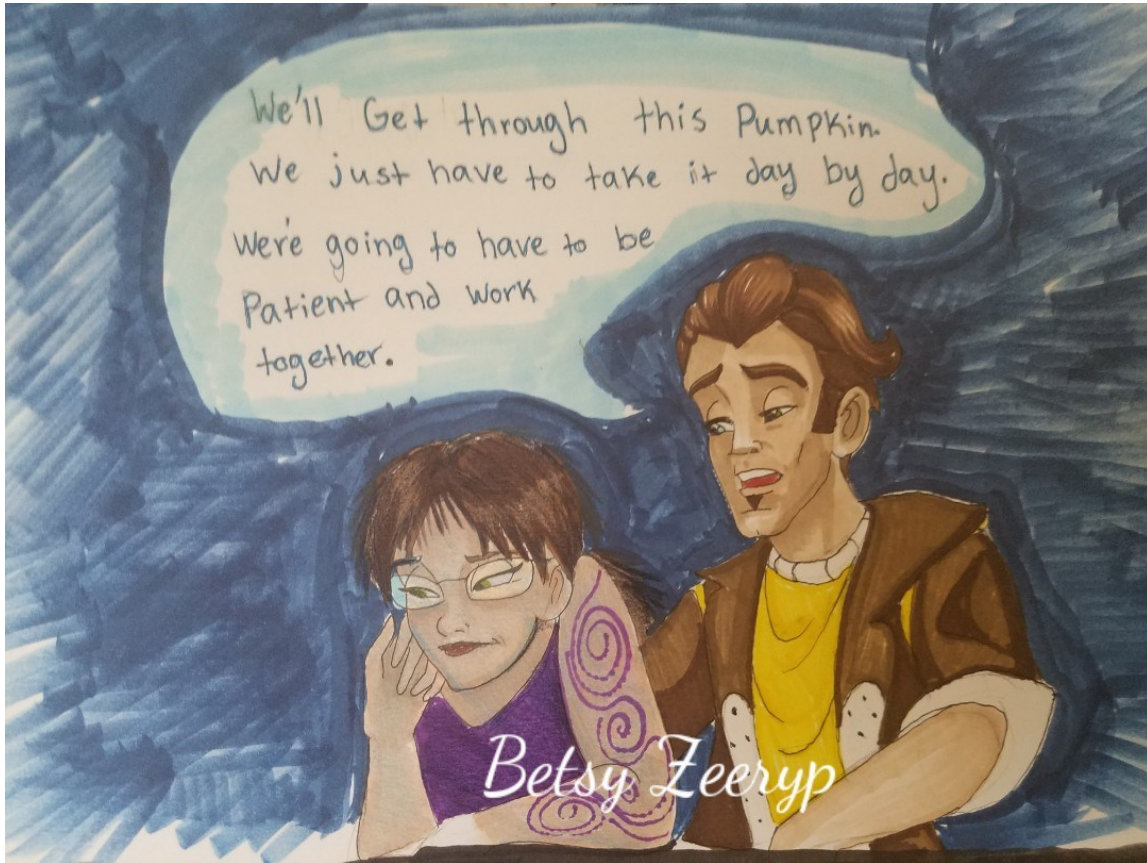
1-833-295-0616 or 1-800-422-7315 or 911

Suicide Talk Line: 1-800-SUICIDE or

1-800-273-TALK+

# May Mental Health Month

*Comic submitted by Betsy Z*



## *NMRE Virtual Day of Recovery Education*

May 21, 2021

1:00-3:00pm

Features Personal responsibility and Self Advocacy

Come in to Traverse House to attend with other members or Sign up to do from your home.

***People need to sign up for this event!***

Our own Sue O will be one of the guest speakers.

### Schedule

1:00-1:10 Welcome and Introduction

1:10-1:15 Bingo

1:15-1:50 Presentation: Tina Biers: Personal Responsibility and Self-Advocacy

1:50-2:00 Break- Traveling Art Show Slide Show

2:00-2:10 Bingo

2:10-2:45 Presentation: Recovery During a Pandemic - REP Panel

Presented by the NMRE Regional Entity Partners (REP)

2:45-3:00 Bingo, Farewell

## Recipe of the week

### **Coconut Banana Pancakes**

#### **Ingredients**

##### Pancakes:

1 ½ cups all-purpose flour	1 egg
1 tablespoon white sugar	1 teaspoon vanilla extract
2 ¾ teaspoons baking powder	1 very ripe banana, mashed
1 teaspoon salt	2 tablespoons butter, melted
1 ¼ cups milk needed	1 teaspoon vegetable oil, or as needed

##### Syrup:

1 cup white sugar	1 teaspoon coconut extract
¾ cup buttermilk	½ teaspoon baking soda
7 tablespoons butter	

#### **Directions**

##### **Step 1**

Whisk flour, 1 tablespoon white sugar, baking powder, and salt together in a bowl. Mix milk, egg, and vanilla extract together in a separate bowl. Stir milk mixture into flour mixture until incorporated.

##### **Step 2**

Beat banana in a bowl with an electric mixer until smooth and creamy; mix creamed banana into batter. Stir melted butter into batter. Refrigerate batter for 10 minutes.

##### **Step 3**

Heat oil in a skillet over medium heat. Drop batter by large spoonfuls into the hot oil, and cook until bubbles form and the edges are dry, 3 to 5 minutes. Flip, and cook until browned on the other side, 3 to 5 minutes. Repeat with remaining batter.

##### **Step 4**

Combine 1 cup white sugar, buttermilk, and butter in a saucepan over medium heat until sugar is dissolved. Bring to a boil for 1 minute; reduce heat and mix coconut extract and baking soda into the syrup. Simmer until baking soda is dissolved, 1 to 2 minutes.

#### **Nutrition Facts**

##### **Per Serving:**

193 calories; protein 2.9g; carbohydrates 27.3g; fat 8.2g; cholesterol 32.8mg; sodium 361.7mg.

