

TRAVERSE HOUSE CLUBHOUSE

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



Traverse City Weekly Newsletter #58

Wellness Corner

Did you know that we celebrate National Water Awareness Week? We have since 1988. Make sure you drink enough water today.

<p>The average American uses approximately 64,240 gallons of water in one year</p>	<p>Water is an essential resource</p> <p>Every day, people rely on clean water for many things, including drinking, bathing, cooking, washing clothes, and handwashing</p>	<p>Water is cleaned, reused, recycled, and returned to the environment</p> <p>The average American sends between 66-182 gallons of wastewater to the system each day</p>
<p>There are approximately 800,000 miles of water pipes in the U.S.</p> <p>The average age of water pipes is 60-130 years old</p> <p>EGLE MICHIGAN DEPARTMENT OF ENVIRONMENTAL, GREAT LAKES, AND ENERGY For questions, please contact: 1-800-662-9278</p>	<p>Less than 1% of water on Earth is usable fresh water</p> <p>The Great Lakes hold 84% of North America's surface fresh water and about 21% of the world's supply</p> <p>Michigan.gov/DrinkingWaterWeek</p>	<p>Water utilities in the U.S. are required to monitor for over 100 contaminants</p> <p>Sources: U.S. EPA; American Water Works Association; and the Water Environment Federation</p>

Michigan.gov/Drinking Water Week
1-800-662-9278

SOCIAL RECREATION

Last Saturday was the first weekend day Traverse House was open in over a year! We enjoyed playing Bingo together in the café. On Saturday May 22nd Clubhouse will be open from 1pm-3pm for a movie.

Finally, don't forget to sign up for our cook-out on Memorial Day. We will enjoy some food and hopefully good weather outside in the parking lot behind Clubhouse on Monday May 31st from 11am-2pm.



House Policy

- ◆ **Signage** adopted for Cherry Festival club's Fund Raiser.- \$146.23!
- ◆ **Shirts & Hats** purchased waiting 4 invoice/order pick-up in Honor.
- ◆ **Extended Hours:** Monday May 24th from 8:30 a.m. till 3:30 p.m.
- ◆ **Mask Mandate Ruling-** Personal comfort Zone leave it up to members for outside Activities, while we are still requiring them for inside clubhouse.



Yummy-!
Gorgeous
Northern
Michigan's
Edible Wild Morals

**Mushroom
Hunting**
Trevor G.



Director Corner

Spring is in full swing! As we move into warmer temperatures, we are looking at expanding our social recreation activities, gearing up for our Cherry Festival fundraiser, and really encouraging members to join us on-site again at the Clubhouse. We miss you, we need you, and we would LOVE to have you join our work ordered day, help you get a job, support your educational pursuits, and refocus on your wellness goals.

Traverse House has decided to put our \$2000 grant toward training at Alliance House. We are offering an opportunity for one member to join training on ramping up our employment at Traverse House. This will take place on July 19th-23rd at the Clubhouse. If you would like to sign up— please call the Clubhouse. We will be making the decision no later than Fri-



May birthdays

25th Natasha G., Cindy Z.
26th Claudia T.
27th Brian Slo.

Trivia by Kathy P.

Memorial Day only initially honored What War?
American Civil War.

Quote from Connie L.

"If we could see the miracle of a single flower, our whole life would change."

---Buddha

Jokes By Eric B.

What was the pair of glasses favorite song?
"I can see clearly now."

Creative Corner



***Dannie's
"Moon
Kitty"
pic from
Wacom
Tablet...***

**Chris. G
Created a
beautiful
Necklace**



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

Facebook: Advocat Travrse Hch

Web: www.traversehouse.org

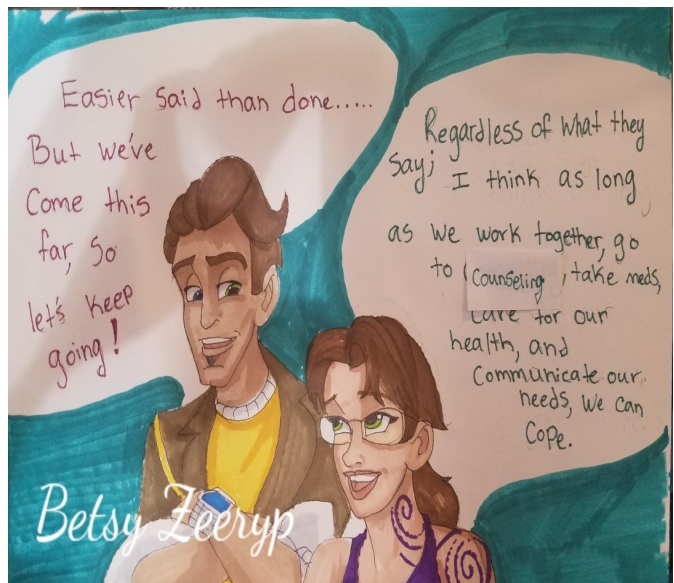
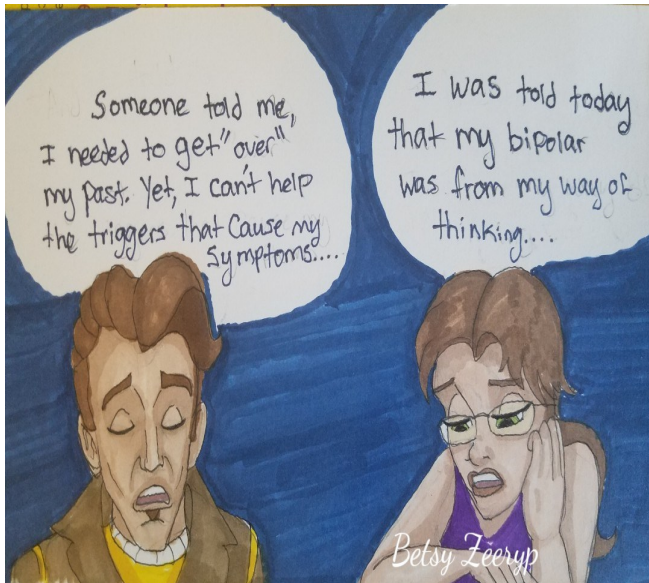
CMH Crisis Line:

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.*



Clubhouse International Award

Clubhouse International Recipient of American Psychiatric Association's 2021 Special Presidential Commendation Award!!

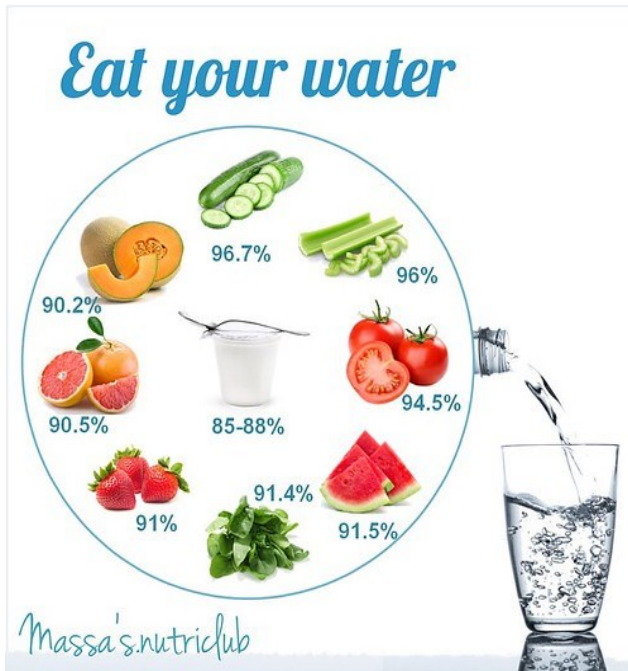
This award recognizes the evidence-based, cost-effective Clubhouse model of psychosocial rehabilitation as a leading recovery resource for people living with mental illness around the world.

Clubhouse International is a global organization working to end social and economic isolation for people with mental illness, through its network of 330 Clubhouses in 34 countries. Clubhouses offer resources and opportunities for recovery through friendship, employment, education, wellness, and social programs.

Traverse House Clubhouse has provided opportunities for connection throughout the COVID-19 pandemic, and has exceeded standards in the most difficult of times. We should all be very proud of our hard work and contributions to receive this award!! Great job to all.

Recipes of the week

Great- mix chilled fruit
Intake to a glass!



Watermelon Salad

1. Cut watermelon into 1 inch Cubes
2. Add crumbled Feta Cheese
3. Diced Red Onion or Sweet Vidalia
4. Balsamic Dressing or Red Wine Vinegar,
5. Olives Optional (The original does not, pictured)

