

TRAVERSE HOUSE CLUBHOUSE

Traverse City Weekly Newsletter #59

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



Culinary

Gus Cooked Swiss Steak from a family member recipe. We all enjoyed this meal. Thanks Gus!

Members started the day off right by assisting with unloading the food truck this week. We have



been receiving so many wonderful food donations lately including yummy asparagus, veggies, and fresh fruits. Make sure you let the Clubhouse know if you would like to have a food box delivered!

Sunrise Rotary Presentation

"In the early hours of May 26th, we had a meeting with Sunrise Rotary Club. Over Zoom we spoke and people were very interested in our (Traverse House) program. I spoke to them of my recovery story and they were very touched." Betsy Z.

We are beginning to focus on opportunities for community awareness and presentations again! It was a great feeling to be able to talk about the Clubhouse program and how impactful it is to so many members. We have had a tough year, and we were able to preserve the strong relationships built among members throughout. Now after two months of having open doors for on-site participation- we are in a great position to advertise our success and make sure that the Traverse City community knows about all of the amazing work Traverse House has been able to accomplish! -Hannah

Clubhouse Operations



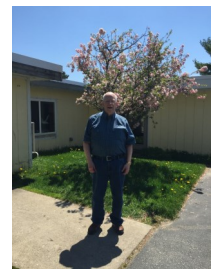
We have had such a busy week with so many members attending. It has been great to see some members coming in for the first time since the

pandemic began. We are strongly encouraging all members to come join us back onsite at the Clubhouse space. There are many opportunities to get involved in the work ordered day in both the clerical unit and the culinary unit.

We are also getting ready to begin our parking lot transitional employment experience for the season, and hopeful to have more opportunities for employment soon.

Please make sure you take a look at the June social recreation calendar, as there are many community based activities coming up!! We miss you and want to see you :)

Pete W. continues to keep in touch with Traverse House each week. We are offering home visits throughout the summer months and would love for you to stay connected to Clubhouse. Pete says that he appreciates the outreach and home visits- he's doing well and says hello to all!



House Policy

- We had some discussion about our capacity limits at the Clubhouse this week. As it stands we are allowing 15 people on-site at any given time. That typically consists of 10 members and 5 staff for each shift (morning and afternoon). We will continue to review our capacity limits in June, and increase as needed.
- We are looking for members to assist with a work group around Traverse House policies. We would like to create a one page sheet that speaks to decision making over the last few years. Some topics we would like to have a clear policy on include; support animals, bus tickets, laundry on-site, visitors for holidays, computer usage, etc. If you would like to assist with this work group, please contact Hannah.
- We made the consensus decision to purchase a metal sign for Cherry Festival that indicates a 10 cent merchant charge when using a credit/debit card for payment. The cost will come out of our operating budget.



Director Corner

Cherry Festival is quickly approaching! We need all hands on deck in June to help us get ready for our annual fundraiser. At this point, many members have voiced an interested and are committed to helping during the week of July 3rd to July 10th. We have ordered Traverse House tie-dye t-shirts and hats for those who will be volunteering. This year we will be offering the option for people parking in our lot to pay with cash OR credit/debit cards. We are going to be encouraging members and Advisory Board members to start signing up for shifts next week as June begins! We need help with selling tickets and surveying parking spaces in the back, waving cars into the lot in the front, selling water, and assisting with meal preparation in the kitchen. If you would like to help raise money for the Clubhouse please call and get signed up for a shift!! If you have any questions, don't hesitate to ask. We are all getting very excited to have a great fundraiser for 2021 :)
-Hannah

This device is a card reader. It will work with our Clubhouse cell phone to take a credit/debit card payment!



May birthdays

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

Trivia by Kathy P.

The Camera invented by Johann Zahn designed the first **camera** in 1685. But the first photograph was clicked by Joseph Nicephore Niepce in the year 1814. An Iraqi scientist Ibn- al- Haytham in his book of Optics 1021. Later popularized by George Eastman, (March 1932) famous for our American pastime for armature photography...

Quote by Connie L.

In the dew of little things, the heart finds its morning and is refreshed.

KAHLIL GIBRAN

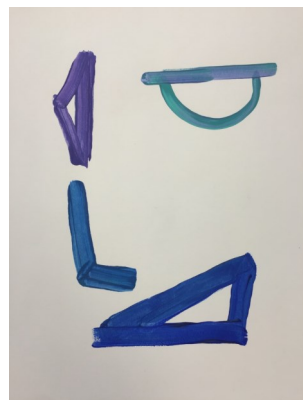
Jokes By Eric B.

What did one Camera say to other Camera?
Life's a Snap!

Creative Corner



Dannie's New "Zen Monk" pic from Wacom Tablet...



Andrew K. has been busy creating new art pieces. He has generously donated some to Traverse House. Come in to take a look at his newest creations.

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

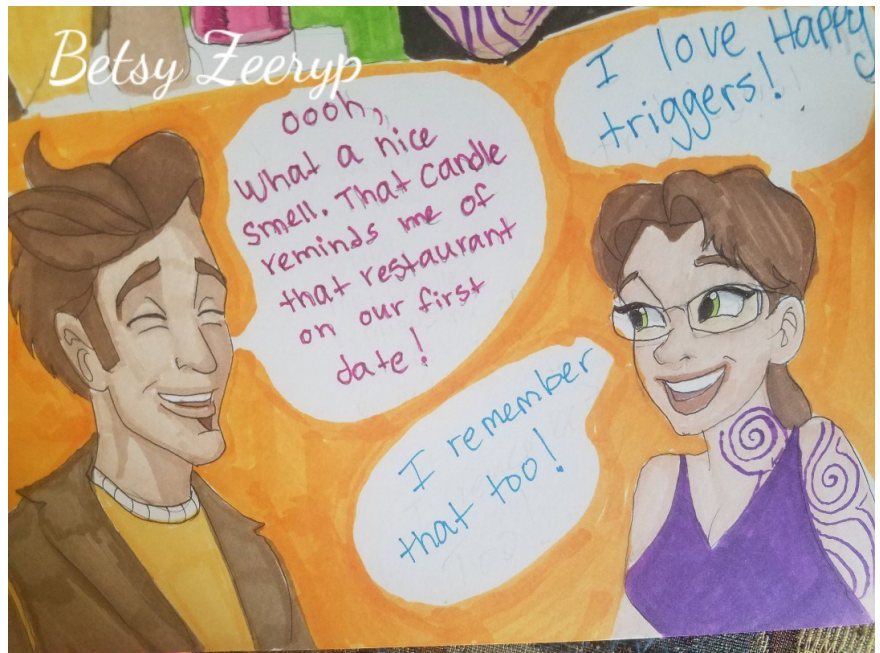
1-800-273-TALK+

May Mental Health Month Comic submitted by Betsy Z



As we come to a close on Mental Health Awareness Month- this week, Betsy's comic is all about happy triggers!

Sometimes a simple scent can help you to cope with mental health symptoms.



It feels like summer is here! Make sure you get outside to get some fresh air, sunshine on your face, or take a walk for some exercise! If you have wellness goals, share them with Traverse House and we can help to support your efforts.

Recipes of the week

cravings of a lunatic



Mandarin Orange Chicken Salad

Mandarin Orange

Chicken Salad

1. Salad Greens
2. Add Grill Chicken Strips
2. Add Crumbled Feta Cheese
3. Add Glazed Walnuts
4. Add Dried Cranberries
5. Add Mandarin Oranges
6. Raspberry Vinaigrette or Poppy seed Dressing may be Good!

Jump-Start Smoothie

1 c. frozen strawberries

1/2 c. fresh blueberries

2 cube ice

1/4 c. plain yogurt

1/2 c. Orange Juice

Put all ingredients into a blender.
Remember to put on the lid.
Pulse it until mixed. Served
chilled.

