

Traverse House Clubhouse

Traverse City Weekly Newsletter 11

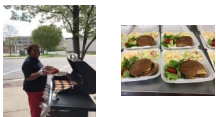
"Members provide mentorship for new members and working together makes us stronger"



Clubhouse News

Memorial Day Holiday

Thank you to our Service Men and Women, we remember your sacrifice and value your dedication.



Eleven lunches delivered on Monday, May 25, 2020.
Thank you Cheryl and Leslie!

- Governor Whitmer has extended: Stay at Home Order to June 12th and the State of Emergency to June 19th.
- Kathy P. reports that she "Enjoys Zoom because it is another way to connect with other members. Water challenge: I had (7) 8 oz glasses last week and this week (12) 8 oz glasses. I really enjoy stuffing envelopes because it gives me a job to do during the week."
- Connie L. reports that she "Enjoys stuffing the envelopes and connecting on zoom to see friendly faces."
- Cheryl A. reports on Food Coalition Meeting (May 14th): 40% increase in donations, 8,900lbs of food and received \$15,000 grant from Community Foundation. 26 pantries open and 11 meal sites remain open. Coalition received \$1,000 donation online. Crowd Fund reached \$33,000; 2/3 of this goes to the food coalition and 6% goes to Food Rescue.
- John Burtrum has replaced Bill Zimmer at Disability Network. Contact: 922-0903, john@disabilitynetwork.net

News Flash ⚡

Starting in June, home visits will be added to our outreach. We will meet with you outside your residence, perhaps go for a walk.
If interested in a home visit, please call club at 922-2060 or contact us through Facebook by Friday, May 29th.

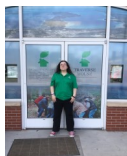
Statistics for May 18th-22nd:
Outreach: 150, Food Delivery: 26

Education

Check out website: www.masterclass.com

You can see what classes are offered and who the instructors are. There is a workbook that is downloadable with bios on the instructors and what subjects you can master. Members Dannie S. and Jeff N. have chosen their master classes. See what they have mastered in our upcoming quarterly newsletter.

Employment



Tyler M. reports starting at Shell gas station in February this year. Working 3 days/week at 4 hours/day. Here's Tyler in work attire.

Patty M. reports being hired at Wendy's and is working 3-4 days/week for up to 7 hours each day.

Eric L. reports doing care giving at Samaritas House since May 13th.

Justin H. just got a new job at Costco and will be leaving Dunhams.

We all use unhelpful coping strategies sometimes, but as with any skill we can learn new, helpful coping strategies. Here's some **self-care tips** to help **protect against stress**:

#ADDRESS YOUR STRESS

Try

Get moving! Physical and mental health are connected – so eat well and exercise to release endorphins. Find a fun activity that suits you and your schedule.



Setting aside time to have fun or indulge yourself – positive emotions can help build a buffer against stress.

Learning a new skill – whether painting, playing guitar or a new language.



Sharing how you're feeling – it's OK to ask for help and support.



Switching off from distractions – make time for yourself as a regular part of your routine. Schedule a reminder if you need to.



Avoid

Overdoing it on sugar, caffeine or alcohol – they're a quick fix which can increase stress in the long term.

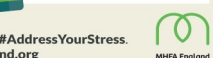


Overworking and checking your emails out of hours – we all need time to unwind.



Spending too much of your free time in front of a screen – phone included. Don't feel pressured to always be 'doing' something.

Chasing perfection – it can create unrealistic expectations. Accept that mistakes will happen.

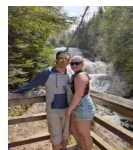


There are simple steps you can take to #AddressYourStress. Check out our resources at mhfaengland.org

Birthdays This Week

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

Silver Linings



Natasha and Fiancé, Cordell, in the U.P. celebrating Natasha's Birthday.



Dakota, "The Morel Hunter"



Sister and brother, Violet and Dakota out for nice sunny day drive.

Committee Reports

Advisory Board report by Sue O.

“Overall, I thought it was very interesting, connected. Kudos to Ryan Hannon for helping the homeless and to Hannah for her hard work.”

Discussed what our clubhouse space will look like when we re-open. Currently, we have daily unit meetings, members are involved in clerical work with stuffing envelopes, contributing to the weekly newsletter, a zoom call twice a week, book club once a week and bingo once a week. Meal and food delivery along with outreach are how we are staying connected.

Wellness

Steph's Chicken Noodle Soup for the Soul

3-5 pounds of cooked chicken deboned
12 oz bag of egg noodles
2 3oz boxes of chicken broth
bag of baby carrots
1 package of onion soup mix
1 yellow onion, 2-3 stalks of celery
3 medium potatoes cut up into bite size pieces
combine all ingredients in a slow cooker
low setting for 3-4 hours.

No Bake Peanut Butter Protein Bars: Provided by Makaila M.

¼ cup of creamy peanut butter
¼ cup honey
1Tbs melted coconut oil
1 tsp vanilla extract
1/3 cup flax seed meal
½ cup of favorite protein powder
1.5 oz 80% dark chocolate bar
course sea salt sprinkled on top (optional). Put all ingredients in a pot to melt. Transfer to a 8x4 loaf, refrigerate for 30 minutes.
10 servings
AMBITIOUS KITCHEN internet

Member Testimony

I first worked in the café at the clubhouse in 2003, where I met Claudia. My case worker and doctor asked if I wanted to go see and start at Traverse House. I started socializing with people because I used to stay home drinking and isolating. I'm glad that my case worker and doctor recommended Traverse House. I liked working in the café because I was able to mentor; teach people how to run the café, make change, sell stuff and make coffee. Then, I started working in the kitchen. I had a lot of knowledge and really enjoyed working with Holly and Cheryl. I got to teach other members cooking skills so that they could cook in their own apartments. I really appreciate working with the members and staff through the years. Thank you very much to the members and the staff for helping me work with people and for all the socializing. I really enjoyed sort of being a mentor, it made my day that I could help people and know that I could accomplish something. Thank you, Sincerely Gary Nelson.



Celebrating



Congratulations to Shelly B.
Check out her new apartment

Book Club

Meetings Mondays at 1:30

Book Review Questions:

1. What was the book about?
2. Who was your favorite character and why?

Nancy L. reports that, “We read Nancy Drew books and it's going well.” The next book is *Nancy Drew Files Case #88*

Dannie S. reports that, “It is going well.”

Daily Unit Meeting

Monday-Friday at 11am

Conference Call number: 1-712-775-7031
Access code 602-439-844

*Same number for Book Club and Bingo

Zoom

zoom.com

- Set up account, using your email and create password
- Meeting ID: 96781595166
- Enter Password: “Clubhouse”

Contact Us:

231-922-2060

email: trahse06@yahoo.com

Facebook: Advocat Trvrse 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+

Creative Corner



Sketch (May 19, 2020) by Betsy Z.

Some Day Dreams

(March 8, 2020)

Some days are rift with sorrow
While others gifted sunshine
Still many marked by regret
Those well not spent
Time is always fleeting
While our hearts are still beating
It takes just a moment to say “I Love you”
Within our words & deeds abide
So we strive for our salvation
Give yourself permission to a life of vision
Gentle is the soul that goes without being boxed up
Nor put upon a shelf until all is lost.
Take down those someday dreams and dust them off.

-Dannie S.