

# Traverse House Clubhouse

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



Traverse City Weekly Newsletter XXI

## ***Remote Work Testimony***

I enjoy being able to stay busy with remote work at home for Clubhouse. I look forward to it each day. The Conference Call is rewarding, because two staff members are willing to take time out of their busy day to have a Unit Meeting with some clubhouse members who are also at home. The Unit Meeting starts my day off on a positive note.

Then I normally do 3 to 5 outreach calls Monday-Friday. I like trying to brighten member's day with a phone call. With some members you learn more about them during these phone calls.

The Zoom calls are an excellent way to see and talk to each other in your own home. It is nice being able to see the smiling faces on Zoom.

Thursday are my favorite days, because the afternoons keep me very busy. It is a nice job to have to fold the newsletters, put them in envelopes, and put them in the mail, especially while listening to music. I love the fact that we have a way to share in a newsletter what is going on remotely and at Clubhouse each week. The newsletter is a great way to find out about clubhouse news too.

I love playing BINGO every Thursday at 3pm by way of the Conference Call. It is a very great social recreation activity to do in your home.

Finally, if you have Facebook take a look at the Traverse Advocat House. I do a posting every morning that has a format like the noon notes. I am always sure to add a "I wish you a happy day or on your Birthday" you might see a picture of a cake and Happy Birthday with your name on the Facebook page. Please be sure to check it out daily.

Your Remote Clubhouse Member: Kathy Patrick

## ***Member Testimony***

Club is helping me make a lot of good money when I was a greeter. Club is making me do things differently, new things. I like the staff and members I have met. I enjoy doing things with staff at clubhouse. I am hoping to come back Tuesdays and Thursdays. - Lynn W

"I've been a member for about five years. I like stopping in and relaxing awhile. Sometimes I sort bread and make salads. Good way to do something." Bill R.

## ***Clerical Unit***

We have continued to work hard, through having to work remotely. In our new phase of operating as a hybrid clubhouse; work in house and work remote, this is where we have landed. Newsletters, mailings, daily Facebook postings continue to be completed by members working from their home. Greeting cards/birthday cards, attendance billing, lunch sign up and scheduling are all work in house. Together, we are managing outreach calls daily and have our unit meetings at 9:30. We are truly a piece of art in progress.

## ***Director's Corner***

***What a wonderful week it's been! We have been very successful with organizing our physical work ordered day. Many members are attending, which is great, but we must remember to follow the scheduling process. Please make sure you call Clubhouse between 9am-1:30pm to get scheduled for the days you would like to attend. We only have a capacity of 8 members each day- and we are filling those spots fast! Call today to make sure you get scheduled!!***

***Also, a reminder that Friday 8/21 will be our first in-person social recreation activity! Please make sure you get signed up by calling reception. We will have a cook-out behind Traverse House in the parking lot. Join us for great food and games :)***

***-Hannah***

## **What it is like to be part of a Zoom call**



### Clubhouse News This Week

#### New Business:

Cook out on Friday, the 21st at 3pm.

#### On-Going Business:

- **Bingo:** Join us at 3pm on Thursdays. Sue O. is our bingo caller and the winners will be able to purchase something in the café or a lunch.
- **Book Club:** Join Dannie S. and Nancy L. on Mondays at 1:30pm.
- **Water Challenge:** Keep hydrated, report how many glasses of water you drank for the week on Fridays.
- **Zoom:** Join us on Mondays and Wednesdays at 3pm on the zoom call. Topics: Community Awareness, Wellness, Fundraising, Advocacy and more.



Happy Birthday to:  
16th Tom E. 17th Lindsay M, 21st  
Mark P, 22nd Martha R

#### Quote

"When you see something that is not right, you must say something...  
Democracy is not a state. It is an act, and each generation must do its part."  
---John Lewis

#### Jokes By Eric B.

Did you hear about the two rabbits that got into a fight? It was a hairy mess.

#### Trivia By Kathy P.

Who is considered the father of psychoanalysis?  
Sigmund Freud

### Update on Clubhouse Policy and Activities

Consensus reached for the following purchases:

1. A new printer/copier, using the clubhouse operating supply fund money.
2. Zoom account annual membership: \$158.89

**Fundraising Committee:** Discussing the possibility of having a poker run. We talked about working toward this fundraising event for 2021. Please join our Monday Zoom call at 3pm to get involved!!

#### Daily Unit Meeting

Monday-Friday at 9:30 am

- Conference Call number: 1-712-775-7031  
Access code: 602-439-844
- \*Same number for Book Club and Bingo

#### Zoom

Mondays & Wednesdays at 3pm

- Set up account at zoom.com, using your email and create password
- Meeting ID: 86123508597
- Enter Password: "Clubhouse"

#### 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+

### Just Flip It



### DAY 257 OF COVID 19



The day the mens' room becomes a battleground. Don't forget to wash your hands and flip the sign on the way out!