

Traverse House Clubhouse

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



Traverse City Weekly Newsletter XV

Clubhouse News This Week

New Business:

- The re-open and response plan are critical for the operation of clubhouse at this phase. Please make sure to read it, ask questions and sign off on it. Get the club re-opening questionnaire completed with members by June 30th. The results of the survey will help us with organizing a schedule and to know the opportunities that each member who is ready to return to club is interested in doing. By collecting this data, we will be able to develop a schedule and know who will be in club any certain day of the week. This will enable "clubhouse to stay safe to remain open."

On-Going Business:

- Zoom: We have been developing an inventory list of items to purchase for reopen. This includes; PPE, cleaning supplies for bathrooms, and disposable eco-friendly food service items like silverware, napkins, condiments, and to-go containers.

Culinary Unit Report:

- **NO FOOD TRUCK DELIVERIES on: Friday, July 3rd, Monday, July 6th, Wednesday, July 8th AND Friday, July 10th.**
- Food Rescue is taking time off to focus on reorganizing the warehouse and to recuperate.
 - **Lunch will continue to be delivered as usual (M/W/F).**

Stats: June 15th-June 19th: 42 meals and food delivered over three days.

Clerical Unit Report:

- Great team work! Thank you to all who have helped with mailings, outreach and contributed to the newsletter!

Stats: June 15th-June 19th: 184 outreaches.

Jokes By Eric B.

What did the strawberry say to the other strawberry?
Get me out of this jam.

What do fishermen do on weekends? They become waders.

What does a nuclear scientist do on the weekends? They go fission.

Trivia By Kathy P.

What's "the hill of baseball player?"
The pitcher's mound

Member Testimony

I have been a member since 1997. Early last year, I started organizing my clubhouse paperwork. I would like to develop a portfolio of clubhouse opportunities that I have participated in over all the years I have been a member. I enjoy being Secretary of the Advisory Board and having member colleagues on the board, who can learn about and help out in what I do for Advisory Board. Clubhouse is a place for us to go to, essential for many. It is a great opportunity to continue to go to club.

Overall, it is run very well; there are a lot of responsibilities and jobs to do. I have developed a lot of friends at clubhouse. It's nice to see familiar people that I had met at Head Liners which was a drop in center that became what we know now as Traverse House. I have known a lot of members over the years. It's a good clubhouse. *By Sue Orchard*



Quote from Connie

"Peace can become a lens through which you see the world. Be it. Live it. Radiate it out. Peace is an inside job."
By Wayne Dyer



29th Betsy Z.

Daily Unit Meeting

Monday-Friday at 11 am

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

Zoom

Mondays & Wednesdays at 2pm

- Set up account at zoom.com, using your email and create password
- Meeting ID: 96781595166
- 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+

Member Testimony

My name is Jeffery Nelson and I am a client of NLCMH, a member, an Advisory Board member, and a services recipient of the Traverse House Clubhouse.

I have since becoming a man, understood that there are three steps we must all climb. Youth, Adulthood, and Age. For me, it reminds me of what Bill Keane once said, “Yesterday is history, tomorrow is a mystery, today is a gift. That is why we call it the present.”

Now, I could bore you with a lot of facts about my health I’ve learned through visits with 40 different Doctors, Nurses, Clinicians, and receptionists. I could tell you how bad it felt to have to quit a job I liked and had done for well over 16 years, losing a wife I had supported for 12 years after being emotionally and physically abused, and having to fight with the friend of the court for my rights to visit with my own three children, which turned into me fighting for my life as I lay in the hospital, suffering from degenerative disc disease, a heart attack brought on by poor diet, no exercise, and Alport Syndrome which is a hereditary kidney disease with deafness and blindness after the age of 50, not to mention the anxiety, severe recurrent major depression, and post-traumatic stress brought on by sexual assault.

My journey of recovery truly started with me feeling as though I was standing alone on a deserted island, when I began therapy within the mental health system in February of 2012, I attended several different classes including being exposed to DBT, CBT, TREM, Peer Support, but it wasn’t until it was recommended that I attend the Traverse House Clubhouse that my life began to change.

Aside from the humor that resides between everyone who attends the club, the work ordered day has kept me focused and active since 2016. In the beginning, I was quiet, shy, but always willing to help.

Since then, I have been elected to the advisory board, I have also moved into independent income based housing, I continue to help other members with understanding services, updating our presence within the community through the use of newsletters and the internet on a web page I helped build located at <http://traversehouse.org>, began cartooning for the newsletter, registering members for classes at NMC through our education grants, and helping staff and members to prepare our clubhouse for the return of its membership because of the COVID-19 Coronavirus pandemic.

My wish is simple, in that, I would like to continue to receive the benefits and services from Traverse House Clubhouse. I want to continue to feel as though I am a useful and productive part of our membership and the community at large. I want to continue to do everything I can to make the community more aware of the services and opportunities available for anyone with a history of mental illness through community outreach programs offered by Traverse House Clubhouse, because at least it felt like they tried.

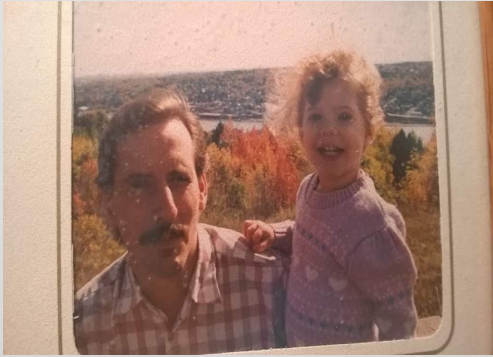
With the words of Marvin Ashton, I would like to remind everyone that “None of us need one more person bashing or pointing out where we have failed or fallen short. Most of us are already aware of the areas in which we are weak. What each of us does need is someone who will support us, who has the patience to teach us, who believes in us, and who believes we’re trying to do the best we can, despite our weaknesses.”

*“Helping one person
may not change the world, but it
will change the world for that
one person.”*

Now, Having said all of that, What will you now do with your gift? Thank You.



Dedications to Dad



Just the roll of the Die
What a Father's Worth can be
The best is Imitation
For showing me the way
You are an example
I must have been well not a saint
Patience is a virtue
Who shown me how to grow
No words I know to replace a soul
What a Father's Worth can be
Fate moved in circles within circles
I cannot contemplate
We've never had a father daughter
dance
Or anything so complete
Instead however endless
Camping trips & museums
to explore
How to read a map
Books by the score
No Baseball stats within our walls

Gardens by the foot
Sun flowers with lady bugs
Food on our plate
and a shelter to call home
The parade of animal tracks
Through the years
Photos slides
To remember bye gone days
Late night Pumpkin carving
Christmas tree lights and cookies
Dying Easter eggs and messy hands
Fireworks astound and safety tips
Wood burning, Stain glass art & Leather craft
Computer coding
Dungeons and Dragons
Painted pewter characters
Character sheets
The roll of the die...

Yes 'tis true a Father's worth is plain to see
It's because I've grown to be the person
I am meant to be Thanks, Dad! It's been a treat
We'll not to roll the die again...

By Dannie S.