

Traverse House Clubhouse

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



Traverse City Weekly Newsletter XVIII

In the News

- Governor Whitmer Press Conference (Thursday, July 9th)
 - ⇒ Is asking everyone to answer their phones or check their voicemails each day because the Health Department is reaching out to people for the purpose of letting you know to quarantine and for contact tracing.
 - ⇒ "Mask up Michigan"-Wearing a mask will be mandatory by Executive Order, effective Monday, July 13th. Penalty for not wearing a mask in public will be considered a misdemeanor and a \$500 fine. You must wear a mask in the store, inside any building, outside where there are large public gatherings. Business owners will start posting "No mask, no entry." There are a few exceptions to wearing masks: children under five, people who cannot medically tolerate a face covering, when eating and drinking at a food service establishment, when a face covering would interfere with exercise, are getting a service that requires the mask to be temporarily removed, must remove a mask to be identified, are communicating with somebody who is hearing-impaired, are giving a sermon or speech and are actively engaged in a public safety role.

*Information about this was taken from this web-site

⇒ <https://www.mlive.com/public-interest/2020/07/whitmer-orders-mask-use-in-michigan-violators-could-be-fined-up-to-500.html>

Clubhouse News

New Business:

- Donation: Thank you to Deborah Oliver and George Gates for the beautiful card and your generous donation of \$300 to our club.



On-Going Business:

- Schedule for the week of July 27-31

Hannah worked hard with listening to what days you wanted and has put together a schedule. Jake and Holly have been reaching out to members to let them know.

Reminders & Updates

- * Health screening and temperature check will be conducted prior to entering the clubhouse.
- * Masks must be worn during the entire time you are in club.
- * Lunch service will be to-go style. There will be a lunch area set up outside.
- * A list for In house work and remote work has been drafted.

Member Testimony

"I've been a member of club for 15 years. Most people who come to Traverse House are happy. People accept me there and are patient with me. I feel that I am liked there. The food is good and enjoy the snacks. I enjoy sorting the bread out when the food truck comes and sweeping in the café. I like waiting tables and helping with cleaning up after lunch doing dishes and bussing tables. I like leaving in the early afternoon. I like the freedom to ask questions to the staff. I like the staff, they are professional and nice. I feel important when I go there because I have a job to do. I like telling jokes to others and at other times I like the quietness."—**Eric B.**

"I've been a member of club for about 20 years. I enjoy going to the clubhouse because I like meeting people and I like the staff. The meetings are interesting. One of the jobs I like doing is sitting at the desk and greeting people as they come in. I like talking to people."—**Chris G.**

Successes

Housing

Capital Fundraising Mission Statement

To improve lives by connecting and mobilizing the caring power of our community, in order to further the community conversation about poverty and homelessness within the mental health community, and to advocate for those who require care, employment, education, and support beyond traditionally managed mental healthcare. —**Jeff N.**

Congratulations to Mike P. for moving into a new apartment with his mom!



Connie's New Car

Congratulations!



Culinary Unit

Culinary operations for the week of July 20th-24th will be on hold for the purpose of organizing and deep cleaning prior to re-opening on July 27th.

*Coalition Report (July 9th): Cheryl reported from the meeting about homeless population—styro-foam containers were littered all over, so asking agencies to look into cardboard-biodegradable to go containers.

Report from Food Coalition: Since meal sites have converted from congregate meals to take out, we needed to get a supply of compostable carry out boxes to prevent issues with styro-foam container waste. This is not something members usually would have on hand. We were excited when **The Manna Food Project** called to say that **McClaren Bay Regional Medical Center**

had donated a large amount of boxes to them. Through Manna we received 12 cases with 160 boxes per case for our meal sites of the Northwest Food Coalition. We are clearly stronger together! Thank you all! And thanks to Dave Kroon from **Good Samaritan Family Services** for coordinating this and the Purchasing Commit-tee.



Thank you Leslie & Cheryl for all the meals prepared and boxes of food delivered!

Statistics for the week of July 6th-July 10th:

Clerical Unit

Outreach Statistics for the week of July 6th-10th: 184



Stay tuned for upcoming birthdays later this month...

Fun

Jokes By Eric B.

Did you hear about the Optometrist making a spectacle?

What do boxers like to drink?
Punch

Trivia By Kathy P.

What fictional city is the home of Batman?
Gotham City

Quote from Connie

“Happiness is when what you think, what you say, and what you do are in harmony.”

—Mahatma Gandhi

Creative Corner

The Saturday During Covid-19 that Kathy Got Together With Her Imaginary Friends

One Saturday Kathy invited Diligent and Mitigate over. First they had a dance party with the TCPD. They danced to “I Will Survive” and “It’s The End Of The World As We Know It”. The TCPD won to “I Will Survive”. Kathy, Diligent, and Mitigate won to “It’s The End Of The World As We Know It”.

Then, we decided to have a zoom meeting with our friends that live in other states to plan our 2021 reunion, since the 2020 reunion had to be canceled. After our zoom meeting we had a nice game of bingo. We each won a dollar. Diligent won two dollars for the cover all.

Finally, we decided to go for a walk around town and look at the porches decorated for Cherry Festival. The one we liked best was the one with the inflatable Grinch with a sign that read “The Grinch Who Stole The 2020 National Cherry Festival”. After our long day we did the elbow bump and departed to our own homes. —**Story by Kathy P.**

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

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+


Personal Protection Equipment


 World Health Organization

Coping with stress during the 2019-nCoV outbreak


 It is normal to feel sad, stressed, confused, scared or angry during a crisis. Talking to people you trust can help. Contact your friends and family.

If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends. 

 Don't use smoking, alcohol or other drugs to deal with your emotions. If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency. 

 Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak. 

Clubhouse will have these PPE items available and in place when we return:

- All sink faucets are now touchless
- Hand sanitizing stations will be installed on Thursday this week
- 1000 disposable surgical masks
- No touch thermometer
- We are purchasing gloves
- Cleaning chemicals for the bathrooms
- We have ordered an abundance of our sanitizing spray
- All chairs in the space have been reupholstered so we can properly sanitize them
- Carpets were thoroughly cleaned
- Floors were scrubbed and grout was bleached
- Air filters were all replaced
- We are looking at purchasing floor decals