

Traverse House Clubhouse

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



Traverse City Weekly Newsletter XVIII

Director's Corner

After a very successful reopening on Monday and Tuesday, we received some information about a very low-risk exposure in the community. Although no members and staff have experienced any symptoms or had a positive COVID-19 test, we collectively made the choice to close Clubhouse operations until Tuesday August 4th. During this time, we are continuing to self-monitor daily from home. Self monitoring means that we are taking our temperature and paying special attention to any symptoms that may arise.

While the Clubhouse space is temporarily closed, we are continuing to complete work remotely. I strongly encourage members to call in daily at 9:30 each morning for the unit meeting. This has been a great way for us to connect and share information, while also organizing the work that needs to be completed each day.

I'm hopeful that our membership will view this response as a responsible choice we made to exercise caution to the highest degree. We want members to feel safe when they attend the Clubhouse, and we have many safeguards in place to minimize risk to the best of our ability. I look forward to being back in Traverse House on Tuesday working with our members again!

House Policy Meeting

Please join us in making some decisions on Thursday August 6th at 11:00am.

Agenda

- Discussion about purchasing a new printer for the Clerical Unit
- Discussion about purchasing a zoom account for Traverse House
- Discussion about planning a social recreation activity on a Saturday in August.

Please let us know if you have items you would like added to the Agenda.

You can join this meeting in 3 different ways:

- First, if you would like to attend in person on Thursday we can add you to the schedule pending availability.
- Second, you can connect through Zoom.
- Third, you can call the conference line.

Member Testimony

Sue T helped with the clerical unit this week when Club opened and helped do the deposit for the cafe. Sue said she liked being at Club, being around other members and being a little more active. "Having a nice lunch."

Sue O attended Club and said " I think it will all go well with keeping it clean. It was nice Monday with a few members there. "It will all go fine."

Lisa W had fun at Clubhouse and it was good to be back. Lisa is looking forward to being back at clubhouse next week.

James R attended on Monday and voiced, "I like to help people find jobs and I enjoyed seeing all of the other Club members."

Zoom Meetings

Starting next week and through the month of August, we will be holding Zoom meetings in the afternoon. To start, we are going to meet via Zoom on Monday, August 3rd at 3pm to discuss community awareness and fundraising ideas.

On Wednesday August 5th we will have a zoom meeting at 3pm to talk about health and wellness. The topic could include doing stretching exercises together, sharing fitness tips and tricks, or discussing a new healthy recipe.

Don't forget to join us on Thursday August 6th at 3pm for Bingo!! Just call in on the conference line to play. Winners receive tickets to be used toward lunch purchases at the Clubhouse, or they can also be used in the Clubhouse café.

We will be working on the August calendar over the next week, to mail out on Friday August 7th.

Daily Unit Meeting

Monday-Friday at 9:30am

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: 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+

Trivia By Kathy P.

Name the 7 dwarfs in Snow White.

Sneezy, Sleepy, Dopey, Doc, Happy, Bashful and Grumpy

Quote from Connie

"When it rains, look for rainbows.
When it's dark, look for stars"

-Oscar Wilde

