

# Traverse House Clubhouse

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



Traverse City Weekly Newsletter XX

## Clubhouse News This Week

### New Business:

- Fundraiser:  
Mask Up 4 Mental Health Poker Run  
by Jeff N.

A poker run is an organized event in which participants, usually using motorcycles, all-terrain vehicles, boats, snowmobiles, horses, on foot or other means of transportation. In this case, we have chosen both bikes and foot travel as our mode of transportation. Each participant must visit five to seven checkpoints, drawing a playing card at each one. The object is to have the best poker hand at the end of the run. Having the best hand and winning is purely a matter of chance. The event has a time limit; however, the individual participants are not timed.

Poker runs usually require a fee to enter and some for each additional hand; in some events a small part of the fee may go to funding the event, including the prizes, while the rest goes to the event's charity recipient or clubhouse treasury. Prizes, such as money, plaques, or merchandise donated by commercial sponsors.

### 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.

## Member Testimony

Pat R. said, "Clubhouse has really helped with calling me on the phone. Checking in to see how I am. Being stuck in the apartment is hard and the calls help. Food deliveries have been nice too."

## Employment Updates

In order to apply for a Census position you must complete three (3) steps. The first step is to create an Applicant profile. The second step requires you to complete an application providing your personal information. The third step requires you to complete an assessment based upon your job choice preferences selected when completing the application.

**Note:** Applicants only need only to create one (1) online profile in order to submit an application. Applicants who create more than one profile and attempt to submit a second application will receive an error message stating to call the Census Recruiting Hotline.



Career Site

## Education By Jeff N.

This fall, I have decided that I want to continue my formal education by taking an online class through the education grant at the Traverse House. I would also like everyone to know that taking one class at a time breaks up the work load and stress, gives the student the ability to concentrate, and should be followed with a great result, (passing a college class!) Who wouldn't want that?

## 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 \$15/month, a year is \$180.

Fundraising Committee: Discuss on Monday, August 10th at 3pm: join by zoom or conference call.  
Cook out on Friday, the 21st at 3pm. Location TBA

### Culinary Unit

#### Meals this week of August 3rd-7th:

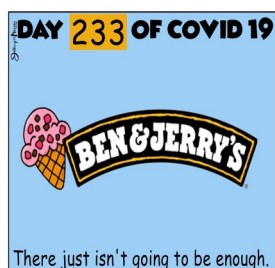
Monday: Club Closed

Tuesday: Pizza

Wednesday: Chicken Sandwiches Deluxe  
(lettuce, tomato, cheese)

Thursday: Stir fry veggies over rice, roll

Friday: BBQ chicken legs, potato salad, fruit



Kathy P. showing off her Artistic August display.



### 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!

#### 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

#### Quote from Jeff

“You are only given a spark of madness, you mustn't lose it.” —Robin Williams



Happy Birthday to:  
11th Marco, 13th Steph,  
15th Brian B., 16th Tom E.

#### Creative Corner

# AUGUST

By  
Kathy P.  
*Please be good to me.*

#### 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: 96781595166
- Enter Password: “Clubhouse”

#### Contact Us:

231-922-2060

email: trahse06@yahoo.com

Facebook: Advocat Travrse HCh

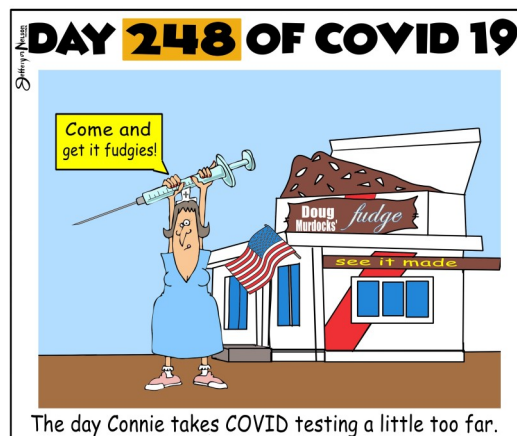
Web: www.traversehouse.org

#### CMH Crisis Line:

1-833-295-0616 or 1-800-422-7315 or 911

Suicide Talk Line: 1-800-SUICIDE or

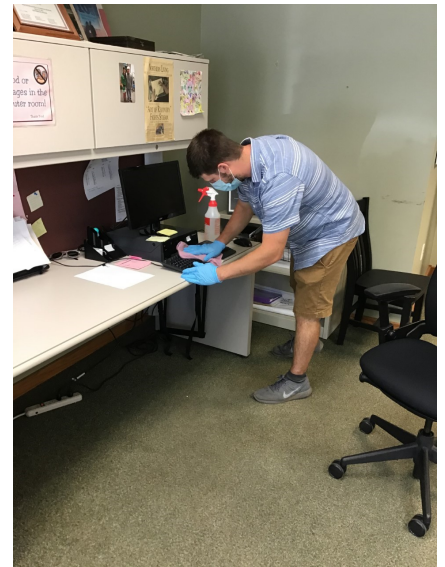
1-800-273-TALK+



Jeff's Art

The day Connie takes COVID testing a little too far.

*Check out Our "New Normal" Clubhouse Space*



# Health and Wellness

Do you return to work and potentially risk catching or spreading COVID-19, or do you face the risk of a layoff, eviction or some other financial calamity? This is the surreal choice all too many Americans are faced with as the CARES Act expires and businesses struggle to stay open. It's anxiety-inducing to say the least, particularly when you consider not everyone believes that face masks are necessary, or worse, think that the pandemic is a hoax.

According to LinkedIn's Workforce Confidence Index survey, 75% of respondents working in retail are concerned about being exposed to others who aren't taking pandemic safety seriously, as are 73% of folks in entertainment and 71 percent of respondents working in education. <sup>1</sup>

## Recognize that your fear is valid

The first step to dealing with fear is recognizing its truth.

"We must begin by recognizing that this internal fear is valid," explained Dr. Robert W. Amler, dean of School of Health Sciences and Practice at New York Medical College. "Just like you cannot tell someone their shoulder doesn't hurt, you cannot tell someone they aren't afraid. And the biggest fear is always the fear of the unknown – when you're not sure exactly what you're up against, and you have no idea how far it will go or how long it will take. In this case, we are all up against a crisis and we do not know how it will resolve."

## Know the 4 W's

Once you've validated your concerns, it's time to get extremely clear on what you do know about the COVID-19 and how to best stay safe. Amler calls these the four W's:

"Wear your mask; wash your hands; watch your distance (minding the six-feet apart rule) and then walk away, meaning don't stay in clustered groups for long periods of time," said Amler. "If people are careful about what they do and [follow] those four W's, we've got a good chance of being able to reopen and keep our staff reasonably assured that everything possible has been done."

As the LinkedIn survey reveals, people aren't only anxious about returning to work in a pandemic, they're anxious about returning to work in a pandemic wherein not everyone is following safety protocol.

Aug. 3, 2020, 3:13 PM EDT

By Nicole Spector