

TRAVERSE HOUSE CLUBHOUSE

Traverse City Weekly Newsletter #45

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



Clubhouse News

House Policy:

We decided to attend the Work Ordered Day one week track training. There will be more information to come on specifics- but if you are interested in participating please let us know right away. This will be an opportunity for one staff and one member!

We also made decisions around our reopening. Please see the Directors section for more information. If you are interested in coming back on-site at the Clubhouse please reach out and let us know so we can start to build a sign-up process and schedule.

Housing Choice Voucher waiting lists are open!!!

-Leelanau

-Benzie

-Kalkaska and

-Charlevoix Counties!!!

March 1st at 8am-March 31st until 5pm!

Photovoice is Back!

Photovoice is back for round 2! Traverse House is excited to offer another opportunity to get involved with the photovoice project.

This entails taking photos and working as part of a discussion group that dives into mental health awareness, triumphs, and perception. This opportunity will be led by Deb Freed with NLCMH, and this year it will be a joint class with Club Cadillac!

The group will meet once each week beginning on Tuesday March 23rd from 3pm-4pm and the class will conclude on April 27th. There is room for about 5 members to join.

If you are interested please connect with Traverse House staff. If you do not have a camera or internet to get connected-don't worry! Traverse house is receiving 2 new iPads for members to use.

Directors Corner

Traverse House is able to reopen our Clubhouse space for word ordered day participation!! We will be offering opportunities daily Monday though Friday for members to sign up. The hours of operation that we decided on are as follows;

9am-12:30pm: This is a time for members to sign up for participation in our units (clerical and culinary). During this time we will be working on daily tasks (food rotation, food truck, pantry boxes, meal preparation, café operation, reception, clerical tasks, attendance billing, watering plants, sanitation, etc).

1pm-3pm: This is a time for members to sign up if they would like to help with special projects (employment project with coffee cups, housing database, clerical organization, fundraising, community awareness projects, etc). We will also use this time to assist with member services (employment applications, housing search, application for benefits, etc.) Members are able to sign up for both opportunities if they would like- but our capacity is 7 members and 3 staff for each shift, so we may need to take turns. Please start off by signing up for a maximum of 3 days each week. I am so excited and can't wait to see you all again soon!! -Hannah :)

What's Going on in your neighborhood?

Sue T has been spending some time with her neighbor running some important errands and is doing great!

Jake got a whopping 3 feet of snow that he had to shovel (HA!)

Sara C is busy working and doing homework! She loves her job and misses the clubhouse atmosphere.

Pete W says hello and he misses everyone at the clubhouse! He is doing great!

Mike S is doing well and staying safe. He would like to give a shout out to Gary N! Gary, Mike hopes you're doing well!

Mardi Gras, Fat Tuesday, and Ash Wednesday

Mardi Gras— Otherwise known as Fat Tuesday, refers to events of the carnival celebration beginning on or after Christian feasts of the Epiphany (Three Kings Day) culminating on the day before Ash Wednesday, also known as Shrove Tuesday in the UK. “*Mardi*” is the French word for “*Tuesday*” and “*Gras*” is the French word for “*Fat*”. Mardi Gras is on a Tuesday, and because it reflects the practice of the last night of eating fatty foods before the Lenten Sacrifice and the fasting of Lenten Season. Ash Wednesday is when Lent begins lasting until Easter.



Quote from Connie L.

"Springtime is the land awakening. The March winds are the morning yawn."

-Lewis Grizzard

February
22nd Tony Y
23rd Douglas S.
28th Jean S.



Jokes By Eric B.

The guy made some coffee and it was grounds for poor taste.



Trivia By Kathy P.

What day comes after Mardi Gras?

Answer: Ash Wednesday

Creative Corner

Have you been working on something creative? We want to see it and hear about it! Please contact the Clubhouse for submissions.



Above: AJ created a beautiful piece of art!
Left: Andrew K. posted a recent sketch.



Daily Remote Unit Meeting

Monday-Friday at 10am
Conference Call number:
1-312-626-6799

Meeting ID: 739 167 9722# #

*Same number for Bingo

Zoom meeting number:

Meeting ID: 739 167 9722



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+

*Our weekly Recipe
Provided by Connie LuHellier*

*Skinny Greek Omelette*Ingredients:

*1 Whole Egg
1 Egg White
1 Tablespoon water
1 Fresh Basil Leaf (Diced)
1 Cup Fresh Spinach
1 Tablespoon Red Onion (Diced)
2 Tablespoons Crumbled Feta
1/4 Cup Tomato (Diced)
Salt and Black Pepper to taste
Nonstick Cooking Spray*



Directions:

1. Spray a small frying pan with nonstick spray and add red onion and spinach. Let it cook until the spinach is just wilted.
2. Mix egg, egg white, basil, water, salt and pepper in a medium bowl.
3. Spray a medium frying pan with nonstick spray and place the mixture in it; cook on low heat.
4. Spread the egg mixture by moving the pan in a circular motion.
5. When the bottom side is cooked, add the feta, tomato, and spinach/red onion mixture.
6. Cook thoroughly, fold over, and serve.

Nutritional information per serving:

Calories: 196
Fat: 8g
Carbs: 19g
Fiber: 5g
Protein: 17g
Sugars: 3g
Vitamin A: 23% DV
Vitamin C: 35% DV
Calcium: 9% DV
Iron: 6% DV

*10 Foods I Eat Every Day to Beat Depression
#8. Beans: Satisfyingly High in Mood-stabilizing Fiber*

“Beans, beans, good for the heart. The more you eat, the more you... Smile :)!” They make the G-BOMB list because they can act as anti-diabetes and weight-loss foods. They are good for my mood because my body (and every body) digests them slowly, which stabilizes blood sugar levels. Any food that assists me in evening out my blood sugar levels is my friend. They are the one starch that I allow myself, so on top of a salad, they help mitigate my craving for bread and other processed grains.





BUILDING COMMUNITY RESILIENCE:

A free virtual gathering

Sponsored by Northern Lakes CMHA

WHEN

**March 17, 2021
1:30–3pm**

**Don't forget to wear your
St. Patrick's Day attire!**



JOIN US!

**Social distancing has been rough this
past year, so come join us for a fun free
St. Patrick's theme event!**

**Learn new tools, go on a virtual
vacation, share positive opportunities,
and have great conversations!**



**RESERVE YOUR
SPOT NOW AT**

www.northernlakescmh.org

RSVP by March 15, 2021

Look in the Recent News for
Building Community
Resilience. The password to
register is **Happy**

INSTRUCTIONS

For video instructions on how
to download Microsoft Teams,
look in the Recent News on the
website above! Any IT
questions, please feel free to
contact Ann Ketchum.
Phone: 231-876-3232

QUESTIONS

For any other questions about
this event, contact Karla Eisner.
E-mail: karla.eisner@nlcmh.org
Phone: 231-935-3963

IT WILL BE FUN!