

TRAVERSE HOUSE CLUBHOUSE

Traverse City Weekly Newsletter #51

“Members provide mentorship for new members and working together makes us stronger.”



Easter meal preparation was a team effort!! Clubhouse members enjoyed making the holiday meal and getting it packaged into our containers for delivery. Justin R helped with meal deliveries on Easter Sunday. Sue O and Lisa W also enjoyed dying eggs on Good Friday! We can't wait until we can celebrate our holiday meals together inside the Clubhouse again!!



Director's Corner

This week we had some concerns about a rise in the number of COVID cases in Michigan. Unfortunately even with vaccines being available we are still seeing widespread community cases. It is important to remember that even when you are fully vaccinated, you must continue to practice mask wearing and social distancing. For Clubhouse operations, we will continue with our current practices, daily schedule, and capacity limits. At this time we are not looking at altering hours of operation or number of members and staff on-site. If DHHS puts forth an order that specifies closure or staying home, we will make decisions along with NLCMH. Traverse House is an essential service that assists members in their recovery, and we want to avoid closure of services- reserving that action for a last resort. As always, if you have any questions please don't hesitate to call Clubhouse! -Hannah :)

Daily Unit Meetings

Monday-Friday at 9:30am & 1pm

Conference Call number:
1-312-626-6799

Meeting ID: 739 167 9722# #

*Same number for Bingo and Jeopardy.

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

**Quotes
Provided by Connie L**

'The most beautiful people I've known are those who have known trials, have known struggles, have known loss, and have found their way out of the depths.'

-Elisabeth Kubler-Ross

April Birthdays

7th Denise M.
10th Justin H.
11th Kathy R.



Jokes By Eric B.

This guy tried his new boat on the water. It wasn't a very good trip because it was a watered down version.

Clubhouse Training

Calling all member leaders!! Traverse House will be hosting training for newly hired Clubhouse staff in the state of Michigan. We will have an opportunity to discuss how our work ordered day is functioning, show our Clubhouse space, and most importantly talk about what it means to be a Clubhouse member and what makes a great staff.

We are looking for at least 5 members who would like to be involved in assisting with this training. This can include members who are coming on-site and members who are working remotely. Please reach out to Hannah if you would like to get involved!!

Cherry Festival Fundraising

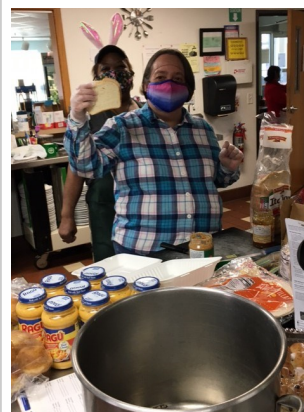
We are looking forward to July and hopeful to have a Cherry Festival Fund-raiser for Clubhouse this year. At this time, it appears there WILL be a Cherry Festival from July 3rd-10th. If you are interested in helping Clubhouse, please call the main line to sign up for participation. We are trying to get a count on how many members would like to help so we can move forward with ordering Traverse House shirts and hats.



Trivia By Kathy P.

When does Spring begin in the Northern Hemisphere?

A: Between March 19th and March 21st



Kathy assisted last week in the kitchen preparing PB & J sandwiches!! We are so happy to have you participating on site again Kathy!

Health & Wellness

Anyone who is interested in getting a covid-19 vaccine and needs assistance with registering, please call the clubhouse at 922-2060. Please leave a voicemail with your name and phone number.

The GT County Health Dept. has opened registration to everyone age 16+ The website is:

<https://gtcountycovid19.com/vaccine/>

Questions about the different vaccines, check out the CDC website:

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines.html>

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+**

Food Recipe of the Week

Brought to you by; Connie L

Tomato, Corn, and Avocado Salad

Ingredients:

- 1 ear corn (husk and silk removed; tip cut off)
- 2 pints cherry or grape tomatoes (halved or quartered if large)
- 1 avocado (halved, pitted, peeled and diced)
- 2 scallions, thinly sliced
- 1 Tablespoon vegetable oil, such as safflower
- Coarse salt and freshly ground pepper

Directions:

Stand ear of corn in a large, wide bowl; with a sharp knife, carefully slice downward to release the kernels.

Discard cob.

Add tomatoes, avocado, scallions, lime juice, and oil to the bowl.

Season with salt and pepper, and toss to gently combine.

Serve.

