

TRAVERSE HOUSE CLUBHOUSE

Traverse City Weekly Newsletter #53

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



A Peak Into Club-

Lynn W. and Deb C. really enjoyed working together in the clerical unit last week!



Steph T. made yummy brownies this week & Becca P. learned how to clean the fish tank for the first time. Becca caught all 3 fish on her own :)



Rob S, Pete W, and Danny P. were some of the first to receive their Traverse House coffee mugs!! A big thank you to Justin R. for helping with all the deliveries.



Pete W. says he LOVES his mug and he misses all his buddies.

Celebrating Employment

“Getting back to work helps boost my self-esteem, gives me something to do during the day and it helps me to be around a lot of people. I work at GTI four days a week and have been back for about a month. The money helps, too.”—**Eric B.**

“Working is about being productive, life experience and staying busy. I’ve been back working at GTI for almost a month doing various piece work. I work three days a week.”—**Alex F.**

“Work gives me something else to do aside from sitting at home. Work gives me the chance to have extra spending money. I will be working sixteen hours per week.”—**Rob S.**

“Work hard and persevere. Working is not just about the pay check, it’s about doing a good job and making sure the clients are happy with cleaning job.”—**Casey P.**

“I feel valued and wanted by the community. I’ve worked at Kohl’s for years and work about twenty nine hours a week.”—**Carley J.**

Celebrating Education

“Learning is important to me, because I like to write. Curiosity is never out of style. It fosters a positive affirmation to life’s inquisitiveness. Where distractions are paramount, dreaming about my own creations of Prism is my healing potion. N.K. Jamisin, a writer author gives lessons on Sci-Fiction and Fantasy. Her world building in Macro and Micro levels is awesome. This will help me create a believable planet in which my characters thrive. Jon Kabat-Zinn is a practitioner of stress reduction based Mindfulness. Where he’s been a teacher for several decades. CMH embraces this philosophy. This is the latest addition to my learning studies. Thanks for approving my next go around Traverse House club members. -**Dannie S.**

“Work hard and persevere. School is not just about studying, it’s about learning, participation, getting assignments in and different study methods for tests.” -**Casey P.**

“Education to me is really exploring who I am as a person and exploring the diversity of the world around me. Masterclass is exactly what I needed to become a more receptive person to others experiences. I feel very connected to other people through Masterclass.” -**Erin D.**

Director’s Corner

Our Clubhouse has been under construction for the past week! We have Doug, from CMH maintenance, working away daily repairing our Clubhouse walls. We requested to have any holes filled and walls re-painted. He is also replacing the backsplash area around our mop sink to comply with the health department requirements.

Finally, Doug will assist with hanging our bulletin boards for the housing unit!! These are the before pictures and we will look forward to showing after pictures once it’s all painted!!





April Birthdays
23rd Andrew K.
24th Cynthia O.

Cherry Fest Fundraiser July 3-10, 2021



We are excited to announce that the membership has approved moving forward with doing our parking lot fundraiser this year. Even though there have been changes to this year's festival, we are just as energized and ready to make some money. At the end of the day, the event is about camaraderie and sharing good times. Please call the clubhouse to sign up to volunteer and let us know if you need a tie dye clubhouse shirt. More details to follow...stay tuned and join us for some fun in the sun.



Lunch Deliveries

Clubhouse is delivering lunches as well as pantry boxes to members who are interested.
Lunches are \$1.50.

Jokes By Eric B.

What did the sun say to itself?
It's hot up here.

Quote from Connie L.

"Life is God's gift to us.
 What we do with it is our gift to God."
 --A.R. Bernard

Creative Corner

My Precious Lord
 My precious Lord I love you
 You are always there when
 I am in need of prayer.
 You light up my life,
 Like a candle burning.
 You have a sweet inspiration,
 Like the aroma of a rosebud
 That blooms in the summer months.
 -Poem by Chris G 5/10/1995



Art piece by Danni S.

Coffee Talk

Mondays & Fridays
 8:30-9:00am



Daily Unit Meeting

Monday-Friday at 9:30 & 1pm
Conference Call number:
1-312-626-6799
Meeting ID: 739 167 9722# #

*Same number for Coffee Hour, Bingo and Jeopardy

Zoom meeting number:
Meeting ID: 739 167 9722

****Facebook Password Changed****

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+

Health & Wellness

A 5-Minute Wake-Up Call for Your Whole Body

By [SparkPeople Guest Blogger](#), Dr. Thomas J. Kleeman, MD 6/25/2014

https://www.sparkpeople.com/blog/blog.asp?post=a_5minute_wake_up_call_for_your_whole_body

Exercise isn't just about burning calories and building strength. It's also about improving productivity and quality of life.



Jogging in Place for 30 seconds

We will begin with jogging in place. This is a great way to start our warm-up. While you are getting the cob-webs out of your head your arms and legs are starting to get more blood flowing. We are also lubricating all the major joints so they won't stiffen up later.

You should feel your heart rate starting to come up and your breathing start to quicken. Keep your arms nice and relaxed and stay on the balls of your feet.

Part 1 of a series each 30 second exercises that add up to a 5 minute workout. Maybe next week, there will be a photo of Jake with members doing Cat Kicks.

Celebrating
Earth Day

April 22, 2021

<https://www.earthday.org/pledge/>

Check out this website to learn more about
how you can make a difference.



Historically, clubhouse volunteered with "Adopt A Highway".
Members and staff helped pick up litter along Barney Road.
There is still a sign recognizing us on Barney Rd.

Earth Age: 4.543 billion years

Info from Google.com

Recipe Of The Week

Mediterranean Salad with Lemon-Herb Vinaigrette

Brought to you by Danni S.

Ingredients

2 whole-wheat pitas, cut into quarters
1/2 c. plus 1 tbsp. extra-virgin olive oil, divided
1/4 c. Fresh mint leaves, plus more for garnish
1/4 c. fresh parsley leaves
1/4 c. fresh basil leaves
Juice of 1 lemon
1 tsp. sugar
kosher salt
Freshly ground black pepper
2 c. tomatoes, roughly chopped
2 c. cucumber, roughly chopped and seeded
1 c. crumbled feta
1/2 c. kalamata olives, pitted and halved



Directions

Preheat the oven to 400°. Spread pita quarters on a baking sheet and brush with 1 tablespoon olive oil. Season with salt and bake for 8 minutes or until golden brown and crisp. Let cool.

In a food processor, combine mint, parsley, basil, lemon juice, and sugar, then pulse until combined. With the motor running, slowly add 1/2 cup olive oil in a steady stream until smooth, then season with salt and pepper.

Roughly crumble pita crisps. In a shallow serving dish, arrange sections of tomato, cucumber, feta, olives, and pita. Drizzle with vinaigrette and serve immediately.