

TRAVERSE HOUSE CLUBHOUSE

Traverse City Weekly Newsletter #55

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



New Staff Training

This week we have been able to host virtual training for newly hired staff from around Michigan.

Join us next week during those trainings via zoom,

Monday

AM unit meeting @ 9:30

Tuesday

Culinary Experience @10:30

PM unit meeting @ 1:00

Wednesday

AM unit meeting @ 9:30

Café experience @ 10:30

Thursday

Soc Rec– Jeopardy @ 3:00

Friday

Clerical work experience @10:30

PM unit meeting @1:00

Housing Success!

Martha is in the process of moving into a new home with her family. "Our neighbors were happy and welcomed my family and I into the neighborhood yesterday. It is so nice to have a new home to rent somewhere we are welcomed."

Clubhouse is assisting with a daily housing search for members in transition. We are also continuing to work with Goodwill Housing Navigation and NMCAA.

Mugging members with their Traverse House mugs





May birthdays

2nd Trina P., & Lynn W.
7th Brian Sm.



House Policy Decisions

- We will be looking at purchasing a “square” for the ability to take a credit card during Cherry Festival
- We are considering making a Clubhouse Tour video to share with AFC home providers and newly hired NLCMH staff
- We have decided to increase our capacity to 15 starting next week! Please call Clubhouse to sign up for a shift!

Trivia by Kathy P

How many horses
raced in the 1892
Kentucky Derby?

3



Lunch Deliveries

Clubhouse is delivering lunches as well as pantry boxes to members who are interested.

Lunches are \$1.50.

Pantry boxes are free.

Quote from Connie L.

"Always remember: Life is for enjoying."

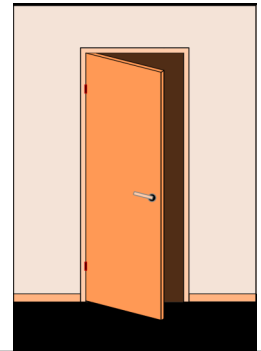
---Abraham Lincoln

Jokes By Eric B.

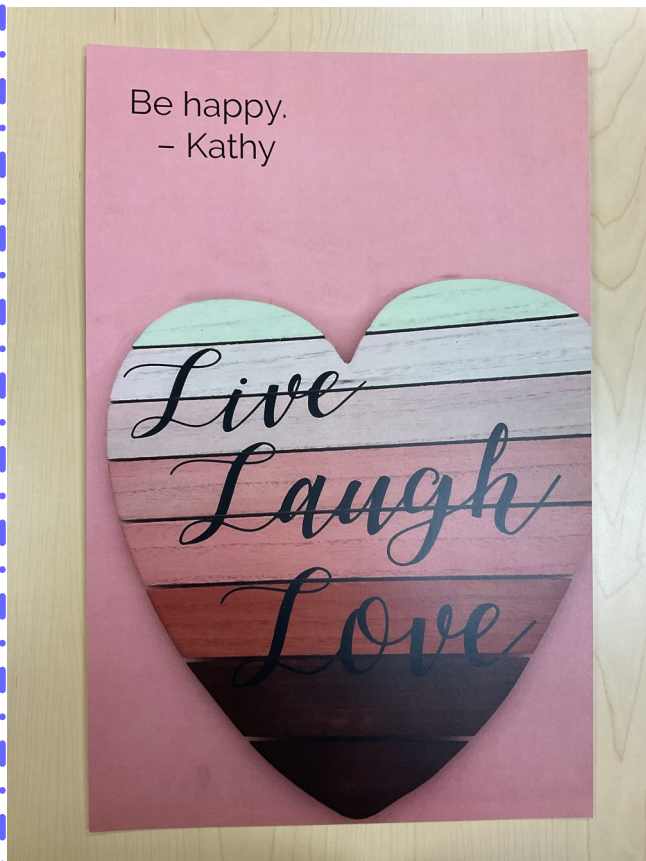
What did one closet say to the other closet?
I a”door” you

What did one door say to the other door?
It is a closed case

What did one door say to the other door?
I got a handle on it.



Creative Corner- more next week



Daily Remote Unit Meeting

Monday-Friday at 9:30 & 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

****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

Fatty Liver Disease

It happens, even to the best of us. Especially those who have type 2 diabetes, are obese or consume too much alcohol. There are roughly 3 million cases of fatty liver disease a year in the US alone. But what the heck is it? Basically too much buildup of fat in the liver. Usually you're not aware you have it. There are no symptoms. So with that said, how on Earth do you know you even have it? Well, for me I had an ultrasound. I spoke with my doctor who referred me to a radiologist.

Soooo, how did I get better? You ask with intrigue. Well, my diet was a big game changer. Now before you start any diet please, PLEASE, talk to your doctor. I'm not a doctor. I don't know your body. I'm just giving advice. So that stated, here are my words of wisdom.

Don't over eat. Sometimes hunger is often confused with thirst. Besides this will help you lose some weight. Which will also help with the fatty liver.

Cut out fatty and fried foods.

Slow down on those red meats dude! (besides they're expensive and overrated)

Decrease refined carbs. Like that white bread.

And quite possibly the hardest thing to do, cut out pop. Yes, pop. Trust me though, you'll feel so much better once you do.

So what CAN you eat? Veggies. Oh I know I'm really making it miserable. BUT think of all the stews, salads, fajitas, and side dishes you can make! Veggies CAN be AWESOME! My favorite is Broccoli, which is great because it's the best for fatty liver! It prevents the buildup of fat.

Lean meats. Fish is often hailed as the best, but chicken is just as good. VERY versatile. It has a ton of different vitamins and proteins.

Low fat dairy. Another great one. You can use it for many things. Especially smoothies.

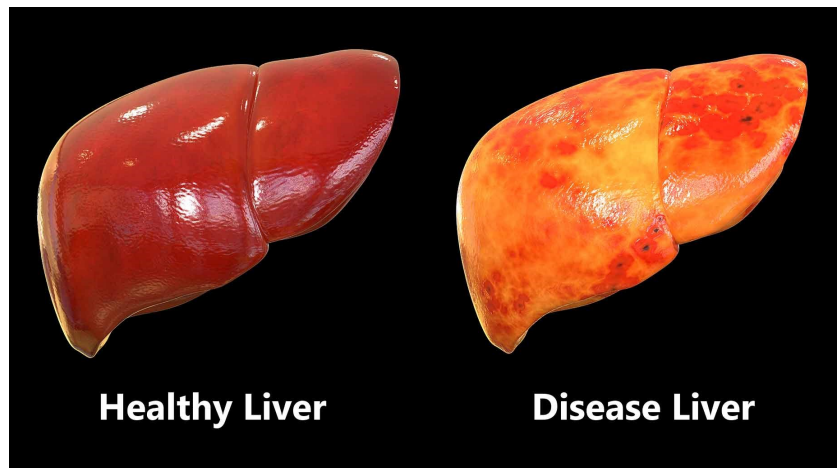
Smoothies with low fat yogurt and milk is going to be your best friend.

Coffee is extremely good for fatty liver, as well as green tea. Coffee actually lowers abnormal liver enzymes, and green tea protects it from further damage.

So for something sweet? Fruits man, I'm telling you, it's all about the fruits.

Now, just because it's healthy, doesn't mean it can't be good.

Love and Peace, Betsy Zeeryp



Recipe Of The Week

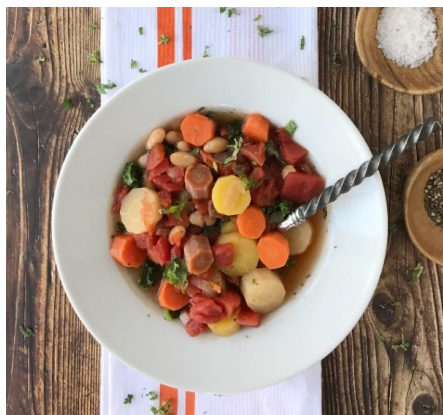
Tuscan Carrot and Bean Soup With Kale

Yield 6 servings

Prep time: 10 Minutes

Cook time: 25 Minutes

Total time: 35 Minutes



INGREDIENTS

1 small onion diced

1 tablespoon olive oil

2 bunches multicolored carrots cut into 3/4" chunks

4 cups low sodium vegetable broth

2 15oz. cans of diced tomatoes (I used 1 plaid and the other had basil and oregano)

2 cups of water

2 15oz. cans of white beans, I used northern beans and navy beans

5 springs of fresh thyme

1 1/2 teaspoon of Italian seasoning

1 bunch of kale or spinach, about 2-3 cups

1/2 teaspoon salt

1/4 teaspoon fresh ground pepper

1/8 teaspoon red pepper flakes (optional)

Instructions

Heat the oil in a medium soup pot, add the diced onions and cook until they are soft. Then add the broth, water, carrots, tomatoes with the juices, fresh thyme, red pepper flakes and the Italian seasoning. Cook, stirring occasionally until the carrots are tender, then add the beans and heat through. Then add salt and pepper to taste.

Note: You can add the spinach or the kale to the soup pot along with the beans and cook until wilted. I prefer to add the kale to my soup bowl and to ladle the hot soup over the top because I like to keep the kale a little crispy.