

Traverse House Clubhouse

Traverse City Weekly Newsletter XVII

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



Clubhouse News This Week

New Business:

- With recent spikes in covid-19 cases in Grand Traverse and Leelanau County, we are paying close attention to trends. That being said, we are still on track to re-open our club on the 27th. We will remain flexible if our re-open plans are postponed.

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 when club re-opens.
- 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.
- Wellness Tip: To keep cool, use a wet towel on your neck and on your face. Provided by Tyler (Savannah)
- Zoom: Join us on Mondays and Wednesdays at 2pm on the zoom call. This week we are making our final decisions on ordering items for our clubhouse.

Education

Hi folks-

It has been fun learning through the Masterclass series. Overwhelming at times which instructors to focus on during this year. So far I have watched the following teachers, Judy Blume and Neil Gaiman, who talk about writing in an honest fashion. I am currently on videos of Judy's 9th lesson of 24, and Neil's 2nd of 24 lesson.

The books I read for Judy's class were "Are You There God its me, Margaret?"; "Blubber" and Neil's Class. Submitting work to the writing community on Masterclass is difficult. There is no clear way to make it read simply like a blog.

A blog has archival dates along the margin or somewhere on the page. The newer comments are positioned toward the beginning of the page and the older ones towards the bottom with no real direction or layout. So it's a bit confusing to the beginner to submit work and find it later. The teachers' assistance have to be flagged if there is a problem with their site or a revision to the work. I cannot find my original submission.... I will keep learning and submitting work until someone answers me. P.S. come up with an original title and write it down so you can find it later. Just found my work click on the profile Icon and you are there in Black & White. Keep reading, writing and learning is a lifelong pursuit. —**Thanks, Dannie S.**

Member Testimony

“I've been a member of Traverse House for at least 23 years. I like coming to club for socialization and enjoy being around my peers. I also enjoy doing my regular tasks at club. I like the togetherness. We've done some cool social recreation; bingo on Saturdays, beach bbqs, and out to eats. —**Mary D.**

“I like clubhouse. It keeps me busy and keeps me out of trouble. I'm interested in getting an education scholarship from clubhouse to study graphic arts.” —**Tyler Moore**

“It's a place to get used to socialization with professional people. It helps build socialization and self esteem in an urban setting. The clubhouse helps people communicate better and gives people happy endorphins. —**St. John**

Employment Updates

“GTI is wonderful. I'm on special teams; waxing and stripping, carpet cleaning on Saturdays and Sundays when needed. On Mondays, Tuesdays, Wednesdays and Fridays working janitorial at CMH, Michigan Works and Cherry Capitol in the evenings. Also, helping my landlord as needed.” —**Sam C.**

“It has been difficult because I clean the bar area and bathrooms. I helped repaint the inside of the bar and that was kinda cool. I wear a mask when working and was given an extra day of work recently.” —**Brian Sloan**

“I really like KFC. When I get ready for work, I get a smile on my face. We have to wear masks and gloves. If you are an asthmatic, they will accept a doctor's note. You can either not wear a mask or be offered a face shield.” —**Tyler (Savannah)**

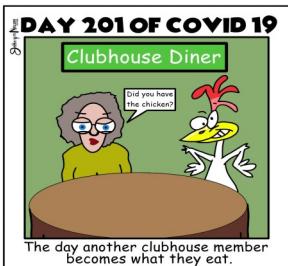
Director's Corner

When the Clubhouse reopens our space, we will have a capacity of 12 members daily. Many members have said they are ready to come back for the first week. Last week, we started the process of putting together a schedule and we will be connecting with members this week to confirm their shifts. Once we are open, members will sign up for the days they wish to attend.

In August, BATA will request 24 hour notice for scheduling the Link rather than 2 weeks- so scheduling should be much easier!! If you have questions about scheduling and returning to the Clubhouse space, please join our daily unit meeting :)
-Hannah

Culinary Unit

Meals this week of July 6th-10th



Monday: Chicken whopper,
Wednesday: Chicken salad,
Friday: Cook's Choice

****Food Truck Delivery to club re-starting Monday, July 13th! Boxes of food will be available with lunches—Yay!!!**

While on a food delivery,
photo taken of Kathy P.
showing off her
4th of July patriotic
display.



Thank you Leslie & Cheryl
for all the meals prepared and
boxes of food delivered!

**Statistics for the week of June 29-July 3rd:
38 meals and food delivered over 3 days**



7th Justin R.
12th Tanya P and Sue T.

Daily Unit Meeting

Monday-Friday at 11am

- Conference Call number: 1-712-775-7031
Access code: 602-439-844
- *Same number for Book Club and Bingo

Zoom

Mondays & Wednesdays at 2pm

- 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+

Clerical Unit

We have continued to work hard, through having to work remotely. Together the newsletters, birthday cards, calendars, outreach calls and mailings have still be in operation. Good work!

Outreach Statistics for the week of June 29-July 3: 142

Fun

Jokes By Eric B.

Two eyeballs are talking to each other. One says to the other one, "I hear your teaching over at the college". **"Yes I have many pupils."**

Trivia By Kathy P.

Which two baseball teams played in the 2000 World Series, sometimes called the Subway Series? **The NY Yankees & NY Mets**

Quote from Connie

"The meaning of life is to find your gift.
The purpose of life is to give it away."

—Pablo Picasso

Creative Corner



Urban Swan Pond
By Dannie



Jeff's Art

Health & Wellness Tips *(continued)*

Waking up with awareness

<https://healthy.kaiserpermanente.org/health-wellness/mental-health/tools-resources/mindfulness/wake-up-aware>

1. Shortly after you wake up, sit up in bed or in a chair nearby. With a straight spine, close your eyes. Pay attention to how your body feels.
2. Take three long, deep, breaths — in through your nose and out your mouth. Then let your breath settle into its own rhythm, and simply follow it in and out. Notice the rise and fall of your chest and belly.
3. Silently ask yourself, “What’s my intention for today?”

You can follow with these questions to help find an answer:

How can I show up at work, or with my family or friends, to be the most effective and kind person I can be? What quality do I want to strengthen? How can I take better care of myself? How can I be kinder to others and to myself? Where can I feel more connected and fulfilled?

4. Set your intention for the day. For example, “Today, I’ll be kind to myself, be patient with others, give generously, and stay grounded.” “Today I’ll work hard and stay focused.” “Today I’ll have fun and eat well.” Add anything else that’s important to you.
5. Throughout the day, check in with yourself. Pause, take a breath, and remember your intention. Notice how the quality of your communication, relationships, and mood shifts.

This copyrighted information is courtesy of Mindful.org and mindfulness consultant Parneet Pal.

Reviewed by Kaiser Permanente Clinical Ambassadors, including Mark Dreskin, MD, Sharon Smith, LPC, and/or David Kane, LCSW. September 2018.

Posted on Michigan Department of Health and Human Services: #MaskUpMichigan

