

# April

## Neighborhood House 2021

### Highlights from March

#### St. Patrick's Day Celebration



There wasn't any pinching going on here. One Of our kind staff provided St. Patrick's Day attire for anyone who wanted to dress up. At Neighborhood House we strive to keep our program culturally competent and recognize many types of holidays and traditions.

#### Horticultural Therapy



Horticultural Therapy happens twice a month with our Director Sarah. This Has been a large project in the making. Here we have Mason bee homes. These are a must have for anyone who has a garden. Mason bees are excellent pollinators, peaceful and non-stinging bees.

#### Important Dates

Heart & Soul  
April 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>

Music W/ Maggie  
April 13<sup>th</sup>, 27<sup>th</sup>

JuanCarlos  
April 5<sup>th</sup>, 7<sup>th</sup>, 12<sup>th</sup>, 14<sup>th</sup>, 19<sup>th</sup>,  
21<sup>st</sup>, 26<sup>th</sup>, 28<sup>th</sup>

Dance W/ Joni  
April 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>,  
30<sup>th</sup>

Music Therapy W/ Beth  
April 8<sup>th</sup>, 22<sup>nd</sup>

Friends for Sight  
April 7<sup>th</sup> at 2:00 p.m-  
offering free eye exams  
and glasses to families  
that cannot afford vision  
care and do not qualify for  
other programs like  
Medicaid.



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### Music therapy with Beth



Music can be a therapeutic activity in of itself, but it takes someone special to be able to bring that to a group of people and make a live experience meaningful for all. Beth has recently started to music therapy again after a long break because of Covid-19 restrictions. We are happy to have her back.

### Welcome Back Sam!



After a lengthy time away from working with the adults at Neighborhood House, Sam has rejoined the team. We are happy to have him back and you can tell by the smile on this client's face so are they.

### Neighborhood House Resources

<https://www.nhutah.org/familysupport>

### Support Services for Our Clients

Open Monday through Thursday from 7:00 am to 5:00 pm, The Family Support Center can assist individuals with finding the appropriate resources to meet their needs and achieve their goals. Among other services, the Center supports its clients with family education classes such as parenting classes, healthy relationships, and financial literacy. In collaboration with other resources available in our society, Neighborhood House is able to offer individual case management services to community members in many different areas. Contact Rocio Torres, our family support center manager via [rocio@nhutah.org](mailto:rocio@nhutah.org) or by phone (801) 363-4593 ext. 129 to schedule an appointment or learn more about the services offered at Neighborhood House Family Support Center





## Stress-Busting for Family Caregivers of Individuals With Dementia

The Stress Busting Program for Family Caregivers is an evidence-based 9-part program that provides support for family or other non-professional caregivers who care for individuals with Dementia.

The program is free, but a reservation is required. Each participant receives a free workbook and materials. As this program is evidence based, all participants must start on week one. Attendees are unable to bring the person they care for with them to workshops. Thank you for your understanding. Reasonable ADA Accommodations available upon request.

### The Nine Workshops:

#### Location

WebEx Virtual Meeting (Online)

**Tuesdays from 6:00 to 7:30 PM**

Mar 16: Getting Started in Stress-Busting

Mar 23: Effects on the Mind, Body and Spirit

Mar 30: Caregiver Stress and Relaxation

Apr 6: Challenging Behaviors

Apr 13: Grief, Loss and Depression

Apr 20: Coping with Stress

Apr 27: Positive Thinking

May 4: Taking Care of You: Healthy Living

May 11: Choosing a Path to Wellness

Call

**385.468.3280**

to sign up

or visit

**[slco.org/caregiver](http://slco.org/caregiver)**

for more information

