

September

Neighborhood House 2021

Highlights from August

Outing to Sugarhouse Park



We went to Sugarhouse Park and had pizza in the park for one the outings this month. We have been doing weekly outings to promote community inclusion and give clients a change of scenery. Clients enjoy getting out into the community. Please let us know if there are any suggestions as we are always open to feedback.

Bolo Ties with Karleen



For this project clients made bolo ties with Karleen. You may recognize Karleen from previous groups. She is one of our many volunteers who love to spend time with clients. She always brings something creative to share and engage with our clients.

Important Dates

Heart & Soul

September 6th, 13th, 20th, 27th

Music W/ Maggie

September 14th, 28th

JuanCarlos

September 1st, 6th, 8th, 11th, 13th, 15th, 20th, 22nd, 27th, 29th

Dance W/ Joni

September 3rd, 10th, 17th, 24th

Music Therapy W/ Beth

September 8th, 22nd

Pet Therapy

September 3rd, 10th, 17th, 24th

Bingo W/ Nancy

September 2nd, 9th, 16th, 23rd, 30th

Food & Nutrition

September 3rd, 7th

Dates of outings are available on the calendar. Encourage your family members to sign up for these outings at the center.

Highlights from August

Otai with Kelsi



One of our “cooking” groups this month was Otai a Polynesian drink consisting of crushed watermelon, pineapple, coconut milk and coconut flakes. It was a sweet treat for this summer heat. Lots of the clients enjoy helping out and provides much needed comfort and emotional release throughout the day.

Music with DJ



Dj is a volunteer that likes to come to Neighborhood House to entertain our clients with music and trivia. On this particular occasion one of the clients was able to play alongside with him. It was a wonderful experience to see one of the many talent's clients are still able to share with us.

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 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



Rental Assistance

Eligible households have:

1. Combined household income at or below 80% of area median income
2. Someone in the household has qualified for unemployment, or has experienced a reduction in household income, incurred significant costs, or experienced financial hardship due to COVID-19
3. Household is experiencing housing instability (for example, received a past-due utility or rent notice or eviction notice, or living in unsafe or unhealthy living conditions) due to COVID-19
4. Applicant resides in the household and is on the lease

The application process will allow you to go through a pre-screen to see if you may qualify for assistance, prior to going through an entire application. If you appear to be eligible you will be able to complete the application. During this process, you will be required to upload documentation. Below is a list of documents you may be asked to provide.

- Tenant Income Verification
- Lease Agreement (include ALL pages)
- Landlord W-9
- Past Due Rent Documentation from Landlord (Monthly itemized ledger)
- Past Due Utility Notice or Utility Shut Off Notice and Internet Bill (if applicable)
- Eviction Notice (if applicable)
- Landlord Applicant: If you're applying for your tenant, provide the Tenant Application Form (<https://jobs.utah.gov/covid19/lhaptenant.pdf>).

Application will time-out after 1 hour of inactivity. Progress from any previously completed steps will be saved for 24 hours.



Note from the Director:

A University of Utah multidisciplinary research team has begun recruitment for a “LEADING Dementia Advance Care Conversations” project! In brief, the purpose of this project is to provide support and guidance for family members to have conversations about advance care planning within the context of current or potential future dementia. Please see below for more information:

LEADING Dementia Advance Care Planning Conversations

The purpose of this research study is to provide support and guidance for family members to have conversations about advance care planning within the context of current or potential future dementia. Advance care planning is the process that allows individuals to express their future health care values and preferences, so that these wishes can be enacted in the event that they become unable to participate in their own health care decisions. In the case of dementia, the person with dementia will likely lose the ability to make decisions about their own care due to the progressive memory loss associated with dementia.

If you agree to participant in this study, you and a family member will participate in a study in which you will be guided through the process of having conversations about advance care planning and completing advance care planning documents. *The study consists of seven parts that will take approximately 4 hours total to complete over the course of the 36-week study:*

- Week 1 – Welcome: Study Consent & Informational Surveys (~30 minutes)
- Week 2 – Activity 1: Advance Care Planning (~30 minutes)
- Week 5 – Activity 2: Care Discussions (~1 ½ hours)
- Week 8 – Activity 3: Sharing your Care Plans (~30 minutes)
- Week 12 – Follow-up survey (~20 minutes)
- Week 24 – Follow-up survey (~20 minutes)
- Week 36 – Follow-up survey (~20 minutes)

The study surveys focus on practical and personal outcomes of the study. Practical outcomes of the study include providing feedback about the study, your completion of an advance directive (with an option video-recording of conversations), and sharing your care planning documents with others. Personal outcomes of the study include providing feedback about your confidence in communicating advance care preferences and associated future decision-making regarding these preferences as well as your relationship quality with your family member.

There will be no cost to you to take part in the research study. Your pair (you and your study partner) will receive a \$150.00 gift card after completion of the Week 8 Activity and a \$100.00 gift card after completion of the week 36 survey for a total of \$250.00. The information gained from this study will help us to refine this study so that we can help support other families in advance care planning.

If you are interested in participating, please contact Dr. Kara Dassel at lead@utah.edu, or 801-646-4667.

In the meantime, if you have any questions, feel free to contact me.

All best -

