



## EARLY EDUCATION

- Rooms 112, 117 and 120 will re-open on Monday, Feb. 8th.
- Valentine's parties will be taking place on Friday February 12th. We will be posting pictures of the activities on our Social Media, so please follow us on [Facebook](#), [Instagram](#) and [Twitter](#)!
- Parent-Teacher Conferences are taking place this week. These will be online, not in person. Please choose a time to meet with your child's teachers so they can update you on your child's progress. Watch for messages from your child's teachers for more information. Thank you!



## FAMILY SUPPORT CENTER

- Our food pantry opened for all clients! Feel free to grab any food from the pantry in the Children Center main lobby on your way out.
- We also have a community closet for you to use whenever you need. For safety reasons, to visit the closet you need to make an appointment on the calendar on our website - [nhutah.org/happenings/calendar](http://nhutah.org/happenings/calendar) This resource is available for clients only. If you have questions call or text Rocío at 801 810 8037.
- We are offering a Medicare enrollment session in Spanish on February 9 at 6:00pm on Teams, and a session in English on February 10 at 6:00pm. We are partnering with Utah Health Policy Project and enrollment specialist Sadhum Portillo will be presenting to NH parents. For more information please contact Rocío Torres via text (801-810-8037) or email ([rocio@nhutah.org](mailto:rocio@nhutah.org)).  
[Link for session in spanish.](#)  
[Link for session in english.](#)



Sadhum was born in Peru and came to Utah in 2014. He attended Salt Lake Community College studying English and he worked for a wireless company as a manager from 2015 to 2019. As a manager and salesperson, he built up his customer service expertise. Sadhum joined Utah Health Policy Project in 2019, where he looks to utilize those skills in helping people get access to health care. In his personal time, he studies computer science and enjoys to travel and meet new places and cultures. He speaks both English and Spanish. Email: [sadhum@healthprojectpolicy.org](mailto:sadhum@healthprojectpolicy.org)

- We are looking for 8 participants for a focus group in Spanish! Join Utahns Against Hunger for a group discussion focus on food insecurity and obstacles to accessing federal nutritional programs. Participants will receive a card \$ 25 gift for your time. To participate, please contact Rocío Torres via text (801-810-8037) or email ([rocio@nhutah.org](mailto:rocio@nhutah.org)).

## ANNOUNCEMENTS

- Neighborhood House will close for Presidents Day on February 15.
- Tax Clinics - The Westminster Tax Clinic offers free tax preparation and financial advocacy services to low-to-moderate income families. Local students and volunteers gain practical experience while serving the community and are dedicated to being available to anyone in need. The 2021 clinic will be open until April, 15 2021. For more information, visit the [Westminster College Tax Clinic Website](#).



## COVID UPDATES

- The Wellness Bus is no longer offering Covid-19 tests. Instead, to be tested you can [register here](#) be screened for Covid-19. To find all available locations, [please click here](#). The Wellness Bus is now offering the following free screenings: Glucose, A1c, Cholesterol, Blood Pressure, and BMI. Please DO NOT go to the Wellness Bus if you have any Covid-19 or flu symptoms.
- Covid-19 Vaccines now available for: Healthcare workers, long-term care facility staff and residents, first responders, ages 70 and older, and K-12 teachers and school staff. If you are part of the above mentioned group, please contact [your local health department](#) or school district to schedule your vaccination. All local health departments are experiencing a high volume of calls and website traffic as demand for the COVID-19 vaccine is high. Please understand they can only distribute as many vaccines as they receive each week, and that appointments are filling up quickly. Everyone who wants the vaccine will get it over time. [More information here](#).

## NOURISH TO FLOURISH MENU



- Monday  
Texas Style Chili - Baked Potato, Cheese, Scallions & Sour Cream



- Tuesday  
Chicken Chili Verde Burrito - Includes Rice & Beans, Variety of Traditional Toppings



- Wednesday  
Beef Meatballs - Homemade Spaghetti with Pomodoro Sauce, Sauteed Vegetable Medley, Fresh Baked Dinner Roll



- Thursday  
Chicken Teriyaki - Steamed White Rice, Steamed Cabbage & Petite Carrots



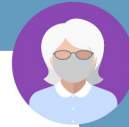
- Friday  
Pulled Chicken Sandwich - Garden Fresh Corn Salad, Vegetarian BBQ Baked Beans



**The COVID vaccine is currently in the early stages of distribution, and everyone will eventually have the chance to get vaccinated.**

## So, who should be vaccinated?

All adults should consider being vaccinated to prevent COVID infection.



The Pfizer vaccine is approved for anyone 16 years or older; the Moderna vaccine is approved for anyone 18 years or older.

People with significant allergies and pregnant or nursing mothers should consult with their medical provider before getting vaccinated.



For more information about the COVID vaccine, visit [SaltLakeHealth.org](https://SaltLakeHealth.org).