

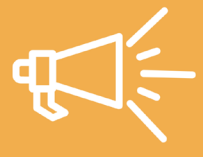


FAMILY SUPPORT CENTER

- We have received a donation of the three following items. If you are interested please contact Rocío Torres via text (801-810-8037) or email (rocio@nhutah.org).
 1. Twin loft bed (not very high) over a futon with mattresses
 2. Tall full loft bed from Ikea with mattress
 3. Desk that mounts to the wall
 Please know you would need to dismantle the items and pick them up in Draper. Thank you.
- We also have a community closet for you to use whenever you need - it includes clothes for all ages, books, household items, toys and much more! For safety reasons, to visit the closet you need to make an appointment here - https://calendly.com/nh_rocio/closet This resource is available for clients only. If you have questions call or text Rocío at 801 810 8037.
- 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).

ANNOUNCEMENTS

- 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](#).
- People's Legal Aid Offering Free Legal Services for Family's Facing Eviction. Everyone deserves a home, and People's Legal Aid can help. Renter's know your rights because People's Legal Aid (PLA) is here to offer aid to families. PLA is available to help with move out dates, debt payment options, connect with local resources to help find a new home from the moment the eviction notice is acquired. [Visit their website for more details.](#)
- Opportunity to win a giftcard
If you are a client of Neighborhood House and are read this newsletter, please take a picture of our building when you can pick up/drop of your child, follow us on social media, and tag us on one of our accounts ([Instagram](#) or [Twitter](#) or [Facebook](#)) for a chance to win a giftcard! This opportunity is only availbale for clients who are not staff members.



COVID UPDATES

- Salt Lake County Health Department is now using a Utah State program called VaccinateUtah to register COVID-19 vaccine appointments. Visit [this instructional video](#) to learn how to make an appointment using this system.
- Here is some useful information on the distribution of the COVID-19 vaccine:

People 65 years old and older:

- [Make a first-dose appointment online.](#)
- Make a first-dose appointment by phone: 385-468-7468 (Spanish & English). This hotline is open Monday through Friday from 8am to 8pm and Saturday and Sunday from 10am to 6pm.
- You can only register for a vaccine appointment through Salt Lake County Health Department with a Salt Lake County zip code and address

People 16 years old and older with a qualifying medical condition:

- [Make a first-dose appointment online.](#)
- Make a first-dose appointment by phone: 385-468-7468 (Spanish & English). This hotline is open Monday through Friday from 8am to 8pm and Saturday and Sunday from 10am to 6pm.
- You don't need to get a doctor's note to schedule your vaccine. Patients who do not meet the criteria need to wait until those at highest risk have been vaccinated.
- People under 18 will require parental consent at the time of vaccination, and they are only eligible to receive the Pfizer vaccine.
- You can only register for a vaccine appointment through Salt Lake County Health Department with a Salt Lake County zip code and address

Locations: In addition to mass vaccination clinics at the Mountain America Expo Center and The Salt Palace Convention Center, the COVID-19 vaccine is also available through some Salt Lake County locations of the below retail pharmacies:

- [Dan's Fresh Market](#)
- [Fresh Market](#)
- [Harmon's](#)
- [Macey's](#)
- [Smith's](#)
- [Walgreens](#)
- [Walmart](#)

Transportation Assistance: If you have an appointment but are unable to drive yourself or independently arrange transportation for yourself, please call 385-468-4636 and the Salt Lake County Health Department will assist you in getting to your appointment.

Appointment Accommodations: The Salt Lake County's mass vaccination clinic at the Mountain America Expo Center has the following accommodations for the 70+ age group currently being vaccinated via appointments readily available:

- A fleet of golf carts ushering seniors to and from their vehicles to the entrance of the building
- A drop off / pick up area for seniors where ushers welcome them and direct them to the appropriate area
- Socially distanced chairs available for seniors to use while waiting
- Wheelchairs with ushers available

General Information

- There is no cost to you to be vaccinated. If you have health insurance, vaccine providers (including Salt Lake County Health Department) may bill your insurance a vaccine administration fee. If you do not have insurance, you will not be charged.
- Those who are undocumented can receive the vaccine. You will not be asked about legal status for any reason. Additionally, any information shared with public health is private and protected information and will NOT be shared with anyone, including other agencies of any kind.

NOURISH TO FLOURISH MENU

- Monday - Sano Bowl
Grilled chicken, honey jalapeno glaze, roasted sweet potato, corn, black beans, scallions, cotija cheese, cilantro, fresh tomato and brown rice. Served with fresh whole fruit.
- Tuesday - Turkey Chili
Served with a whole wheat roll and fresh whole fruit
- Wednesday - Roasted Chicken
Served with roasted red potatoes and green beans.
- Thursday - Honey Baked Ham Sandwich
Sprouted wheatberry toast, Low sodium ham, salad with white cheddar, lettuce, shaved red onion and tomato. Served with Chips and Whole Fruit.
- Friday - Naked Turkey Wrap
Whole wheat wrap, Turkey with hummus, lettuce, shaved red onion, tomato, cucumber. Served with Chips and Fruit.

