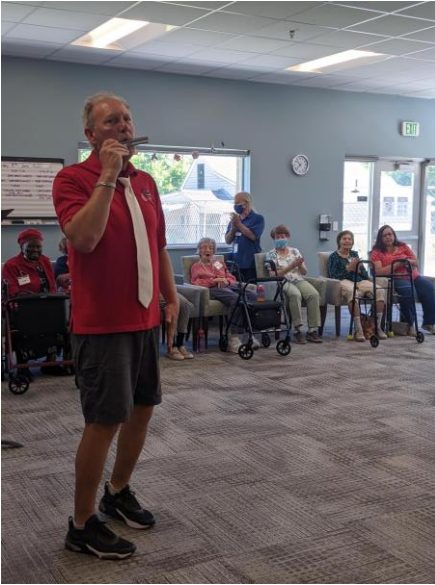


July

Neighborhood House 2021 Highlights from June Flag Day with JD



This was our first intergenerational activity with the children from the children's center. Clients were thrilled to be able to be with them again even though we had to remain socially distant and have the children remain wearing masks. JD a volunteer came and played Patriotic music for Flag Day.

Tie-dying Socks



Tie-dying socks was a suggestion from a client. We were so happy we were able to plan and implement the group with the clients. This is one of the ways we take suggestion from clients and family members and put them into practice. We at Neighborhood House are here to serve you, so let us know what we can do to make it an even better experience.

Important Dates

Heart & Soul
July 12th, 19th, 26th,

Music W/ Maggie
July 6th, 20th

JuanCarlos
July 7th, 12th, 14th, 19th,
21st, 26th, 28th,

Dance W/ Joni
July 2th, 9th, 16th, 30th

Music Therapy W/ Beth
July 14th, 28th

Pet Therapy
July 2nd, 9th, 16th 30th

Bingo W/ Nancy
July 8th, 22nd

Food & Nutrition
July 2nd, 6th, 9th 13th, 16th,
20th, 27th, 30th



Highlights from June

Horticultural Therapy



In order to accommodate the mobility needs of many of our clients we have created a rolling gardening bed that is waist height. This idea came from many of our clients that have limited range of movement who still like to garden and get their hands dirty.

Congratulations to Hailey for getting her TRT License



Hailey is the first of our staff to get her Therapeutic Recreational Therapy license. We are proud of her for accomplishing this. Being licensed means she has proven that she knows how to implement the Recreational Therapy process in our program which improves the quality of programming we are able to offer.

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.





The Caregiver News

June 2021

Self-Acceptance

Caregivers face monsters everyday, those created by others and themselves—the labels, the perceptions, the social norms, and the well meaning comments of those who are not as deep in the same life trench as they are. If self-acceptance and self-knowledge is not applied, the script a caregiver accepts may be one that is untrue, unkind, and unrealistic to their current care situation. We have to manage our own script.



A person's negative life-filters can often get stuck on maximum. We doubt ourselves, speak poorly of our abilities, and even use a negative self-image filter to stop us from achieving our dreams. Maybe it is time to practice self-acceptance by tearing apart the words we use instead of tearing apart our self-esteem. Let the "impossible" become "possible".

Acceptance Activities:

- **Change words.** If you automatically tell yourself, "that's impossible, you're too stupid to do that." Change the sentence to, "What would I need to learn to make that possible?"
- **Use Mantras.** Practice healthy statements to improve mood and self-belief. Example: "I am a talented person who likes to learn new things. I can do this." Repeat the phrase often to overcome fear and self-doubt.
- **Ask Questions.** Challenge a current understanding or perception of self and others by asking questions. Do I really believe that? Why? Is that a cultural norm? Is it true for me? Have I adopted my opinion from someone else's experience, or my own? Why did I just judge myself (or that person) so harshly?
- **Change the Mood.** Tell yourself and others that negative self-talk is not acceptable. Kindness and compassion start within. If you hear, "You're a horrible caregiver." State aloud, "Stop. I am a good caregiver who does his very best in many tough situations." Take a moment to list 3 positive things—I play music for mom. I make 3 good meals a day. And, I am really good at finding resources.

Statements will be made by ourselves and others. What is said and what is real are often two different stories. Challenge life's comments. Improvement is a path we are all on. It does not need to be a negative one.



[How to Build Self-Acceptance](#)



[Kids Helpline - Acceptance](#)



[Self-Esteem Tests](#)

The Tip Jar

3 Self-Acceptance Mantras

Repeating positive statements can assist in building self-acceptance. Repeat statements throughout the day to build positive emotions and energy:

- 1) For every challenge there are many solutions. Today, I will find mine.
- 2) Today I will be kind to myself. Today I will be my best friend.
- 3) I can and I will. I have the courage to succeed.

Caregivers are powerful. We believe in your ability to succeed. #believe

Caregiver Learning Options

Caregiver Talking Points—one hour webinars that focus on building caregiving skills. Webinars are held on WebEx. Day and evening options are available, the evening offering is held the 2nd and 4th Tuesday of each month at 6 pm.

Stress Busting for Family Caregivers—a nine-week virtual program that provides stress management techniques to those who care for individuals with Dementia or a Chronic Illness. Programs start every few months at various times.

Call **385.468.3280** to register. Visit slco.org/aging-adult-services/caregiver-support/calendar/ for class times and information. Please be aware that those you care for will not be able to attend classes with you. Reasonable ADA Accommodations available upon request.

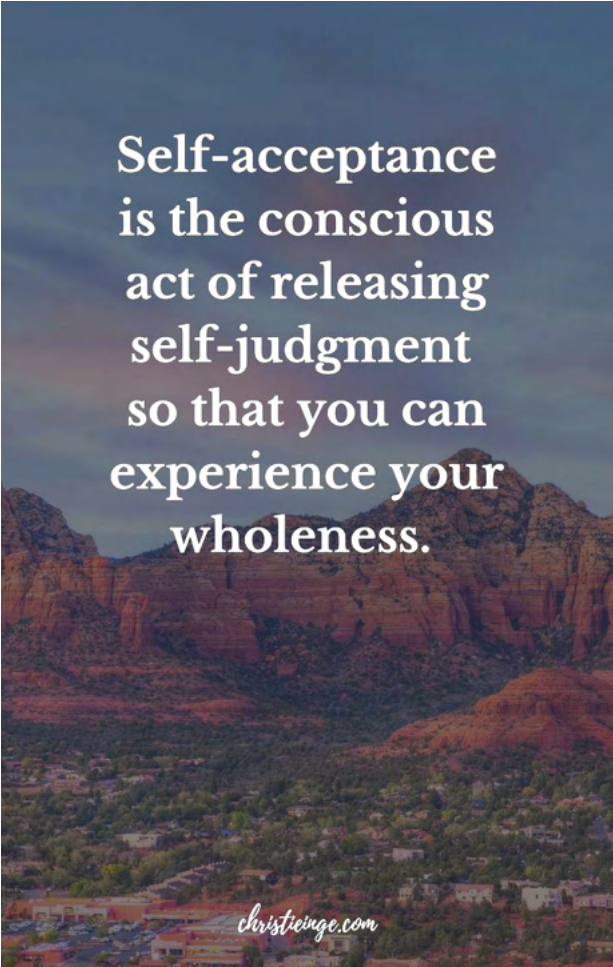
Stress-Busting Ideas

- Take the **Fronrunner** to Ogden for dinner and an old film. Princess Bride is playing at the Peery Egyptian Theater starting June 1. Visit ogdenpet.com/events/2021/film for this and other films.
- The **African Heritage Festival** will be on June 5 in Orem. Held at the Orchard at University Place, 575 East Univ. Parkway, Orem. Visit universityplaceorem.com for this and other events.
- The **Dirty Dash Race** is back at Soldier Hollow Legacy Park in Midway on June 12. Various race times. Visit utaholympiclegacy.org/location/soldier-hollow/ for fun ideas at the Park.
- The Draper Arts Council is offering **Mama Mia** and other fun plays. Visit draperartscouncil.org.
- Walk the **19th Annual Foster Care Chalk Art Festival** at the Gateway, 400 W 100 S, Salt Lake City. June 18 at 5 to 9 pm and Jun 19 from 12 noon to 9 pm. Enjoy Utah's talent.

Visit nowplayingutah.com, seniorsbluebook.com, slco.org [senior center](#) and [caregiver](#) calendars for more options.

Visit Pinterest.com/slcoaging

Visit pinterest.com/slcoaging/quotes/



Self-acceptance
is the conscious
act of releasing
self-judgment
so that you can
experience your
wholeness.

christineuge.com

Support Groups and Virtual Senior Center

- **Amyotrophic Lateral Sclerosis (ALS)**
 - ♦ **Murray Heritage Senior Center**. Call 801.264.2635.
 - ♦ **Riverton Senior Center**. Call 385.468.3043.
- **Alzheimer's & Related Dementia Groups**
 - ♦ **Draper Library**. Call 801.265.1944.
 - ♦ **Millcreek Senior Center**. Call 801.265.1944.
 - ♦ **Jewish Family Services**. Call 801.746.4334.
 - ♦ **University of Utah Alzheimer's Center**. Call 801.585.7575.
- **Caregiver Lunch Bunch**—1st Thursday each month at 11:30 am. Social fun. Contact **Dee** at 385.468.3248.
- **Online Caregiver Support Group**—2nd Thursday of each month at 3pm. Contact **Christian** at 385.468.3236.
- **The Caregiver Co-op**—4th Monday of each month at 2pm on the **Virtual Senior Center**. Contact **Kathy** at 385.468.3281.
- **FTD & Related Dementia**—**Sandy Senior Center**. Call 801.231.3442.
- **Parkinson's Support Groups** in Utah. Call 801.585.2354.
- **S.A.G.E./LGBTQ+ Seniors**—**Utah Pride Center**. Call 801.539.8800 ex 101. Various support groups offered.
- **Virtual Senior Center**. Call 385.468.3299 for details.



NeighborWorks®

SALT LAKE

PAINT YOUR HEART OUT

August 14, 2021

BEAUTIFYING NEIGHBORHOODS

NeighborWorks Salt Lake is a **43-year-old nonprofit organization** working to revitalize neighborhood's House by House, Block by Block, Neighbor by Neighbor.



Know a homeowner in **Salt Lake County or Murray City** whose home could use a **fresh coat of paint**? Are they elderly, a veteran, a person with a limited income, or a person with a disability?

Call us today to receive your application for a **FREE** exterior house painting.

Submitting an application or suggestion does not guarantee that a home will be selected. All homes must undergo an evaluation by NeighborWorks staff before eligibility can be determined.



WHAT YOUR NEIGHBORS ARE SAYING



It's really neighbors helping neighbors and that's the mentality that you guys have. The team who painted the house were fun and full of energy. They weren't even tired even when they were done. "I encourage older people in the area to do it. If you need a job done go for it"

Contact us Today to receive your application or to recommend a friend

Phone: 801-539-1590 • Email: admin@nwsaltlake.org • Website: www.nwsaltlake.org