



Neighborhood House 2021 Highlights from April Cowboy Cardio with Karleen



We love our volunteers! Karleen, after touring our facility and visiting with our clients she has been anxious to come back. With her experience as a Therapeutic Recreation Technician, she is the perfect candidate to volunteer and run some groups with us.

Music Therapy with Beth



We finally had some good weather that we were able to take advantage of. As a music Therapist Beth knows how to connect with our clients and be more than just entertainment.

Important Dates

Heart & Soul
April 3rd, 10th, 17th, 24th

Music W/ Maggie
April 11th, 25th

JuanCarlos
May 3rd, 5th, 10th, 12th,
17th, 19th, 24th, 26th

Dance W/ Joni
May 7th, 14th, 28th

Music Therapy W/ Beth
May 5th, 19th

Pet Therapy
May 7th, 14th, 28th

Bingo W/ Nancy
April 13th, 27th

Neighborhood
House is Closed
May 21st and 31st.

Highlights from April Horticultural Therapy



National Gardening Day is April 14th. Client's practiced using their green thumb to plant a variety of flowers this day. The results are exciting! Gardening is a great way to engage all of the senses. It's fun and easy to do. Often the most difficult part is waiting for the plants to grow.



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



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
for more information

