

Neighborhood House

February 2023 Newsletter



Highlights from January

Outings



In January, we visited the Pioneer Museum! We enjoyed sharing our stories and looking at the hundreds of pictures on the walls!

Neighborhood House Friendships

At the Neighborhood House, we not only value the fun activities we do, but the friendships that come out of them!



Important Dates:

Heart & Soul
February 6th, 13th, 27th

Music W/ Maggie
February 7th, 14th, 21st, 28th

Juan Carlos
February 6th, 13th, 27th

Dance W/ Joni
February 3rd, 10th, 17th, 24th

Pet Therapy
February 3rd, 10th, 17th, 24th

Center Closures:

Friday, February 10th for
Professional Development

Monday, February 20th for
President's Day

A message from the Director

Dear Friends and Families –

As I head off to greener pastures (literally -to the garden and greenhouse!) I want to express my appreciation for the wonderful people I've worked with - and for – during the last five years. Adult program staff are individuals who not only bring diverse skills and competencies to their work, but a common *kindness* for others that has often been humbling to witness. Through Jennifer Nuttall and the Board of Directors, all programming ideas – from sensory room to garden and greenhouse – have been advanced without question, underscoring the organizational commitment to program quality. Most of all, interactions with clients and caregivers, before and after the pandemic, have enriched my years at Neighborhood House beyond measure. While I know I leave the adult program in capable hands, I do so with profound gratitude for all of these experiences.

Best wishes for 2023 and beyond –

A handwritten signature in black ink, appearing to read 'Sarah'.

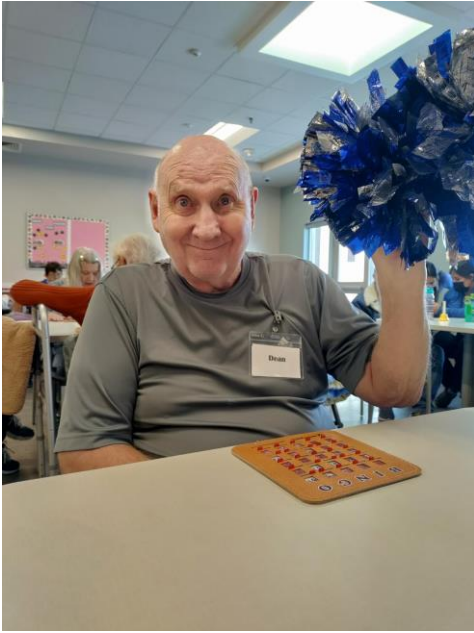
SARAH SCOTT, MS, MBA

Adult Program Director

Horticulture Therapy



Bingo!



Music



Arts and Crafts



Exercising and games!



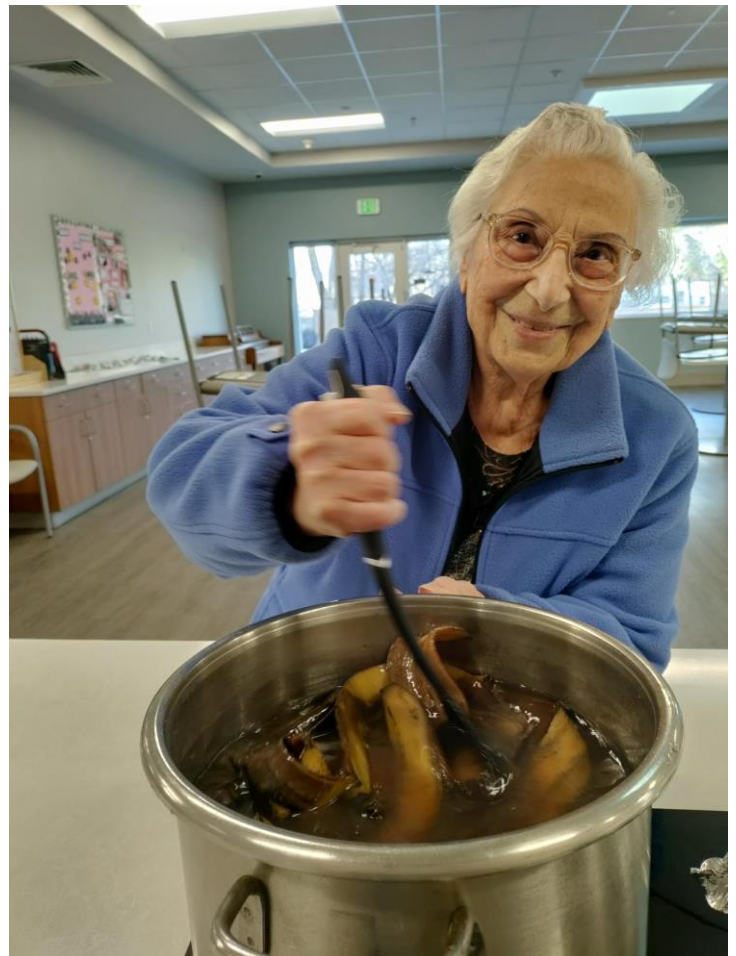
Self Portraits



Intergenerational Groups



Cooking



Outings



NEIGHBORHOOD HOUSE RESOURCES

[Neighborhood House - Family Support Services \(nhutah.org\)](http://nhutah.org)

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 our family support center manager by phone (801) 363-4589 ext. 129, or email mazavala@nhutah.org, to schedule an appointment or learn more about the services offered at Neighborhood House Family Support Center

Caregiver Support Groups DECEMBER 2022

Please Contact our Helpline at 800.272.3900 or email utahprograms@alz.org to register before attending a support group.

Bountiful | 1st and 3rd Thur

3:00 pm-4:30 pm

In partnership with Davis County Health
Dept. South Davis Senior Activity Center
726 S. 100 E., Bountiful, UT 84010

Cedar City | Every Tues

Information and Support Session

5:30 pm-6:30 pm

303 N. 100 E. #2610, Cedar City, UT 84721

*In-person with a virtual option available

Clearfield | 1st Wed

3:00 pm-4:00 pm

In partnership with Davis County Health
Dept. North Davis Senior Center
42 S. State St., Clearfield, UT 84015

Lehi | 4th Thurs

4:30 pm-5:30 pm

Covington Senior Living
301 N. 1200 E., Lehi, UT 84043

Layton | 2nd Wed

3:00 pm-4:00 pm

Supporting Healthy Brains Group
Fairfield Village
1205 N. Fairfield Rd., Layton, UT 84010

Layton | 3rd Tues

7:00 pm-8:00 pm

Fairfield Village
1205 N. Fairfield Rd., Layton, UT 84010

Ogden | 3rd Mon

1:00 pm-2:30 pm

Golden Hours Senior Center
650 25th St., Ogden, UT 84401

N. Ogden | 1st Thur

2:00 pm-3:00 pm

In partnership with George E. Wahlen
Veterans Home 1102 N. 1200 W. Ogden,
UT 84404

Sandy | 2nd Wed

Hybrid meeting: In person and virtual

**Frontotemporal Dementia and Other
Dementias 10:00 am-11:30 am**

Sandy Senior Center

9310 S. 1300 E., Sandy, UT 84094

Contact: Bonnie Shepherd 801.231.3442

Park City | Select Fridays

1:00 pm-2:00 pm

Park City Community Church
4501 N. Highway 224, Park City, UT 84098
Email utahprograms@alz.org

Tooele | 3rd Mon

2:00 pm-3:00 pm

Tooele Senior Center

Virtual Caregiver Support Groups

3rd Thur

10:00 am-11:00 am

Dementia Caregiving with Bonnie Shepherd

Contact: 801.231.3442

1st Thur

12:00 pm-1:30 pm

In partnership with the University of Utah
Health

Thursdays at 3:30 pm

Mindful Self-Care for Caregivers
w/ Raven Albertson, CHES®



As of Dec 1 2022