

THE JOURNEY HOUSE

POST

WELCOME, WANTED, AND NEEDED!

Journey House Club members are ALWAYS Welcome, Wanted, and Needed! Here's what's been happening at Journey House: We had several different activities and Holiday Activities. If you haven't been staying after hours to attend the activities, give it a try! Many of our members love the activities and it helps build relationships with other members and staff. If you haven't been in for a while, we miss you and we hope you are doing well!



September Birthdays

4th – Mandy S.

5th – Ruta V.

12th – Teresa H.

13th – Sara S.

28th – James H.

29th – David P.



Reminders:

Lunch sign up is until 11:00am. After 11:00, you will need to purchase a hot item from the Snack Shop!

UPCOMING ACTIVITIES

October Activities

- 1st Play in Centerville with Anna Lee
- 4th Halloween Crafts with Jen
- 5th Layton Library with Rick
- 6th TE Dinner with Jen
- 11th Smith & Edwards with Matt
- 12th Peach City with Rick
- 13th Pumpkin Maze with Matt
- 18th Movies and Dinner with Anna Lee
- 19th Ogden River Walk with Rick
- 20th JH Social with Anna Lee
- 25th Game Night with Austin
- 26th Valley Fair Mall with Rick
- 27th Swimming & Dinner with Austin
- 31st Halloween Party

November Activities

- 1st Bookstore & Dinner with Juan
- 3rd TE Dinner with Juan
- 8th Texas Roadhouse with Jen
- 10th DI & Dinner with Jen
- 15th Movies with Matt
- 17th Community Thanksgiving
- 24th Thanksgiving with Juan
- 24th JH Closed
- 25th JH Closed
- 26th Play in Centerville with Anna Lee
- 29th Christmas shopping Farmington Station with Anna Lee

Clubhouse Standard of the Month!

19. All the work in the Clubhouse is designed to help members regain self-worth, purpose and confidence; it is not intended to be job specific training.

What this means to the Journey House Members

“I’ve gained a lot of confidence since I have been participating in the Journey House program. I have never had as much self-confidence as I do now.” – Sara S.

“Coming to Clubhouse has helped me in many ways. If it did not help me, I would not attend.” – Irwin M.

“All the work in the Clubhouse is necessary and it’s given me increased self-confidence and self-worth that comes from doing something important.” – Stan M.

“It’s been so amazing to see how Clubhouse can help members grow and accomplish goals that they once believed were unattainable.” – Jenn L.

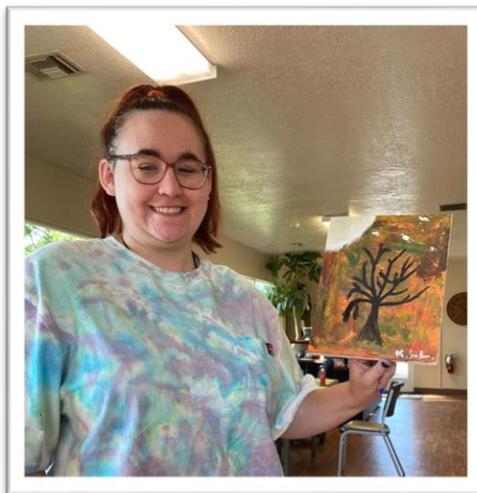
“I think this quote is very true because all work within the Clubhouse teaches people skills that can apply in life/society.” – Dave L.

“Everything we do, is for the running of the Clubhouse. Members are able to earn real work experience while having fun and developing lasting relationships!” – Matt R.

Greek Festival with Anna Lee & Austin



Crafts and Dinner with Anna Lee



Fan – X with Matt and Austin



Journey House Statistics

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Monthly Attendance	508	561	604	532	576	545	510	561	556			
Daily Attendance	25.4	28.5	26.2	25.3	27.4	27	26.8	24.3	26.4			
Breakfast	335	329	412	291	305	325	289	298	316			
Lunch	359	378	432	317	367	370	289	291	329			
Activities	14	14	16	12	14	13	10	12	13			
Outreaches	35	35	40	40	45	45	45	45	50			
TE/SE	14	17	17	14	14	14	14	14	14			
IE	9	9	9	10	10	10	10	10	11			

Job Openings for Journey House TE Positions

We have 2 openings in our TE positions.

- 1. Don's Meat has a position open now. This position will be in customer service working Monday and Thursday mornings from 9am – 1pm. This position is responsible for stocking the meat counter and waiting on customers. To apply for this position, please come to Journey House and sign up. If you have any additional questions, please see the placement manager, Jen!**

- 2. HUD North has a position open now. This position will be janitorial working Tuesday and Thursday mornings from 9am – 11am. To apply for this position, please come to Journey House and sign up. If you have additional questions, please see the placement manager, Juan!**

Journey House Wellness Corner

TWELVE KEYS TO WELLBEING AND HAPPINESS BY Melisa Marzett

All the research conducted on this topic over the years confirms one thing: we don't get the welfare all at once. It is day after day combination of small, but essential details. Make gifts for yourself and others. Change your sight angle to see events from a new perspective. Show gratitude. Sleep well. Do not forget to smile. It is unlikely that this is what we think in the first place when it comes to happiness. And yet we can feel better by changing some ideas and habits. The primary condition for happiness is not the possession of certain benefits, but a lifestyle that combines self-care and openness to others. The good news is that it is never too late to start following this style.

1. Exercise; Speaking of happiness, we often think about our own feelings and ways of thinking. But the best stimulant of happiness is physical activity. So, is it time to walk? On foot, jogging, cycling. Take up gardening. Hit the ball, the shuttlecock, dance. Exercise will allow you to feel fit, protect yourself from depression and stress, and improve both your physical and mental abilities. Find a lesson you like and fit your form. And do not limit yourself to the gym, go out!
2. Sleep; Those who spend 6–8 hours a day do better than those who sleep less than six or more than nine hours. People who sleep “optimally” are less likely to develop symptoms of depression; they quickly establish relationships with others and establish closer contact with their being.
3. Smile; How many times a day do you smile? Do not wait for the occasion to appear. Researchers recently confirmed what Darwin assumed as early as the 19th century: when we demonstrate emotions, they increase – whether we frown, or lift the corners of the lips. Indeed, with a smile, the muscles of the face are activated, sending a signal to the brain to produce endorphins – “hormones of happiness.” The more you smile, the happier you feel!
4. Stay in touch; Build relationships with other people: family members, friends, colleagues, neighbors. These connections are the cornerstones of your life, invest in them every day and enrich them. One of the distinguishing features of a human being is the need for belonging. Meeting this need fills us with positive emotions, while long periods of loneliness can knock you down. Relationships, exceptionally close and friendly, are excellent indicators of happiness. A good social support network strengthens the immune system, slows the destruction of the brain with age and reduces the risk of cardiovascular diseases.
5. Live for the moment; Focus on the outside world and your feelings. Realize what is unusual about them. Appreciate beauty when you see it. Enjoy the moment, paying attention to every sense: touch, taste, sight, hearing, smell. Stretch the moment, delving into this feeling, no matter how simple it is: the astringent flavor of wine on the tip of your tongue, the soft hair of the cat under the palm of your hand, the ever-new-color of the sky.

TWELVE KEYS TO WELLBEING AND HAPPINESS CONTINUED

6. Express your gratitude; Going to bed, before falling asleep, think about the three points of the last day for which you feel appreciated. It does not matter if it is a trifle or something vital. Ask yourself about each one of them: what is your gratitude? Say thanks to a colleague who helped you today or send him an email. Acknowledgment is one of the most effective ways to do good.

7. Continue to learn; What skills have you recently mastered? Whether you learn from a book, video or lecture, go back to your old hobby, or start something entirely new, this increases your self-confidence and a sense of pleasure from life.

8. Develop strengths; This feeling of being deep inside is your strength. Where does it come from? Think about it for a minute. What are you proud of? Knowing your strengths, talents, using them, developing them – this is one of the surest ways of personal and professional growth. The positive effects of such development will be long-term and will help in case of depression.

9. Change perspective; Are you one for whom the glass is half empty or half full? Are you looking at the positive aspects of life or pointing out something that is not going well? Events are rarely “completely white” or “completely black,” but in most cases, it is more useful to consider their positive sides. Here is a simple exercise in realizing this principle: if something unpleasant happens to you, try to find at least something good about the situation (even if it seems artificial to you), treating it as if it did not concern you, correctly helps to look at what happened from the side!

10. Accept life; Henceforth, the beneficence of acceptance is scientifically confirmed. No one is perfect, and there is an excellent chance that you, too, do not accept about yourself (or about others) some character traits or some actions. Sometimes it comes to obsession. However, a fierce attitude to their weaknesses does not help anything, quite the contrary. While learning to accept and forgive ourselves, we will increase flexibility, resistance, and satisfaction with life. And this will allow you to become more tolerant of others.

11. Devote time to yourself; Studies show that we feel happier when we have the feeling that we manage time. One of the ways to achieve this is to devote time to yourself, a little bit every day. And to do at such moments everything that we please: to walk along the streets or through the woods, relax on the cafe terrace, read the newspaper, listen to music with headphones. The main thing is to be alone with yourself for a while.

12. Give; Do something that will not bring you any benefits. Tell a friend or a stranger a kind word. Join a mutual help association. Research shows that generosity and kindness stimulate the brain areas responsible for the release of endorphins. By sharing time and attention, we not only reward ourselves chemically but also establish relationships. Trust is the key to peace with yourself and with others.

Clubhouse International Conference Baltimore, Maryland



Member Highlight:

Aaron T.

Q. Where did you grow up?

A. West Point, Ut

Q. What is your favorite thing to do?

A. Ride motorcycles, play video games

Q. What is your favorite thing to do at Journey House?

A. Janitorial

Q. What advice would you give a new member of Journey House?

A. It gives you something fun to do

Q. What is your favorite place that you have visited?

A. Kansas

Q. What is something unique about you?

A. I like to invent things



Member Highlight:

Tammie E.

Q. Where did you grow up?

A. California

Q. What is your favorite thing to do?

A. Spend time with my family

Q. What is your favorite thing to do at Journey House?

A. Daily billing and getting to know the members and staff.

Q. What advice would you give a new member of Journey House?

A. Be non-judgmental and extend yourself to others.

Q. What is your favorite place that you have visited?

A. Hawaii

Q. What is something unique about you?

A. I have a lot of empathy for others



EMPLOYMENT AND EDUCATION

TRANSITIONAL EMPLOYMENT

DBH MAIN KITCHEN – DAVE P.

DON'S MEAT – CHRIS W.

HUD NORTH – NIKO B.

SUPPORTED EMPLOYMENT

HILL AIR FORCE BASE – ANN M.

KFC – NOAH E.

GOODWILL – LORI A.

WINGER'S – ANDREA G.

DI, LAYTON – ALISA D.

DBH – CRU JANITORIAL – RYAN F., COREY J., NANCI L., ELLIOTT K., AND KEYERRA L.

DBH – KAYSVILLE SOUTH OFFICE/FREEPORT CENTER – THOMAS (T.J.) N.,

INDEPENDENT EMPLOYMENT

CHILI'S – MANUEL M.

TACO BELL – MCKAYLA W.

DI, LAYTON – PAIGE D., PETER V.

MAVERICK – PAUL M.

H & M HEATING – KOHN G.

HUNGRY HOWIE'S PIZZA – ALLIE L.

PEACE OF MIND CLEANING SERVICES – MJ H. ARTIC CIRCLE – BRITTANY C.

HUHOT MONGOLIAN GRILL, GREEK PALACE & GREEK WORLD – MARIA C.

RANCHO'S MARKET – SAUL R.

MCDONALD'S & I-HOP – MINDY S.

EDUCATION

IVAN P. – WORKING TOWARD A BACHELOR OF ART EDUCATION AT WEBER STATE UNIVERSITY

COREY J. – CANYON HEIGHTS ADULT LEARNING CENTER

October 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3 Jeff O. French Toast, Bacon BBQ Ribs, Baked Beans, Cole Slaw, Cherry Cheesecake	4 Biscuits & Gravy Mushroom Swiss Burgers, F.F.	5 Muffins & Fruit Chicken Quesadilla, Black Beans, Rice	6 Noah E. Oatmeal & Toast Navajo Tacos Brownies	7 Ivan P. Omelet and Toast Spaghetti, Texas Toast, Cucumber Salad, Red Velvet Cake
10 Pancakes & Bacon Meatloaf, Mashed Potatoes, Gravy, Squash	11 Shawn D. Sausage Mc Muffins Cheeseburgers, F.F. Pumpkin Pie	12 Ammon E. Bagels & Cream Cheese Chicken Teriyaki, Chow Mein, Egg Rolls, Red Velvet Cake	13 Hashbrowns, Sausage, Eggs Street Tacos, Refried Beans & Rice	14 Cold Cereal Pizza, Salad & Breadsticks
17 Yvette F. Biscuits & Gravy Shepherd's Pie	18 Bagels & Fruit Chicken & Beef Enchiladas	19 French Toast, Bacon Chicken Strips, Mac & Cheese	20 Oatmeal & Fruit Lasagna, Salad, Breadsticks	21 Breakfast Burritos Baked Potato Bar, Chili, Jell-O Salad
24 Jamie K. Waffles, Sausage Blueberries BLT's, F.F., Banana Cream Pie	25 Ham & Cheese Omelets Pulled Pork Sandwiches, Pot. Salad, Baked Beans	26 Sausage Mc Muffins Chili Relleno, Rice & Beans	27 Steak & Eggs with Toast BBQ Chicken, Pasta Salad	28 Grits, Bacon, Biscuits Chicken/Shrimp Alfredo
31 Pumkin Muffins & Cream of Wheat Hot Dogs & Onion Rings				