

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!



April Birthday's

7th Teresa F.
13th Niko B.
16th Austin M.
19th Jason S.
23rd John G.
25th Autam D.
28th Saul R.
30th Victor L.

TE Developments

The Clubhouse is working on obtaining new TE's. The following is a list of places we will be approaching.

- IHC Clinic
- Davis Hospital
- Wal-Mart
- Smith's
- Cutler's
- RC Willey
- Goodwill

If you have an idea for a new TE, please let the Business Unit know.

ATTENTION MEMBERS!!

May 21st the Clubhouse will be going to Boondocks and City Buffett. The cost will be a total of \$40.00. Included will be 3 hours of unlimited activities with \$10.00 for arcade games. After Boondocks, we will go to City Buffett in Roy for lunch.

UPCOMING ACTIVITIES

May Activities

4th Cabela's with Rick
5th TE Diner with Juan
9th Crafts with Jen
11th Ogden Riverwalk with Rick
12th DI Shopping & Dinner with Jen
18th Newgate Mall with Rick
21st Boondocks & City Buffett with All Staff
23rd Smith & Edwards with Matt
25th Valley Fair Mall with Rick
26th Botanical Garden & Dinner with Matt
28th Ceramics & lunch with Jen
30th JH Closed
31st Movie & Dinner with Anna Lee

June Activities

1st Pool with Rick
2nd TE Dinner with Annalee
7th Game Night with Austin
8th Antelope Island with Rick
9th Swim & Dinner with Austin
14th Jurassic Park with Juan
15th Layton Hills Mall with Rick
16th Coliseum with Juan
22nd Layton Park with Rick
25th Big Fish with Jen
28th Hobbs Canyon with Jen
29th Valley Fair Mall with Rick
30th Movie & Dinner @ JH with Jen

Journey House Poetry Corner

New Beginnings - By MJ Hepworth

April is the month
That winter ends!
But, at every end
Something new begins!

Easter is the season
Of brand-new birth
Brand new birth
All over the whole earth!

Sends are buried
Deep in the dark!
But they reach for the light,
And new life starts!

So, when life seems dark,
And you want to give up,
Reach for the light,
No, it ain't luck!

There are new beginnings
Waiting for you!
As you stretch your soul,
You can have new birth too!

Never give up!
Never give in!
April is a reminder
That you will win!

CLUBHOUSE TRIVIA — TEST YOUR CLUBHOUSE KNOWLEDGE!

1. FOUNTAIN HOUSE ESTABLISHED A NATIONAL TRAINING PROGRAM FOR THE CLUBHOUSE MODEL IN _____.

A.) 1965 B.) 1971 C.) 1975 D.) 1977

2. THERE ARE _____ CLUBHOUSE TRAINING BASES IN THE UNITED STATES.

A.) 3 B.) 4 C.) 5 D.) 6

3. THE FACULTY FOR CLUBHOUSE DEVELOPMENT WAS ESTABLISHED IN _____ TO TRAIN AND MENTOR NEW AND EXISTING CLUBHOUSES.

A.) 1988 B.) 1990 C.) 1992 D.) 1994

4. IN _____ THE INTERNATIONAL STANDARDS FOR CLUBHOUSE PROGRAMS WERE CREATED AS THE BASIS FOR CLUBHOUSE ACCREDITATION.

A.) 1987 B.) 1989 C.) 1991 D.) 1993

5. IN 2014, CLUBHOUSE INTERNATIONAL AND FOUNTAIN HOUSE WERE AWARDED THE HILTON HUMANITARIAN PRIZE.

TRUE

FALSE

PLEASE CHECK PAGE 6 FOR THE ANSWERS!

TE Dinner with Anna Lee & Julie



Journey House Statistics

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Monthly Attendance	508	561	604	532								
Daily Attendance	25.4	28.5	26.2	25.3								
Breakfast	335	329	412	291								
Lunch	359	378	432	317								
Activities	14	14	16	12								
Outreaches	35	35	40	40								
TE/SE	14	17	17	14								
IE	9	9	9	10								

For several months, we, here, at the Journey House, were so benefited by our intern, Natasha P., in her help with many different main dishes and other foods for breakfast and lunch, and bringing us delightful, yummy, delicious, foods she brought from home, too. Likewise, her communication skills in talking with and getting to know us members and staff personally, listening to us, teaching us several concepts of wellness, nutrition, and other subjects in our meetings. She served us well, and will be a great contributor, wherever she goes. We will miss her tremendously, and look forward to her visiting us, whenever she can. Thank you, from all of us, Natasha! May you always look back in happiness on your memories of being together with us. – Eddy P.



Clubhouse Standard of the Month!

7. The Clubhouse provides an effective reach out system to members who are not attending, becoming isolated in the community or hospitalized.

What this means to the Journey House Members

“The Clubhouse is a safe place to come to and socialize and get help.” – Irwin M.

“I’m thankful that people come to see me when I sick or feeling down.” – Sara S.

“I like the reach out system because I like how people come to see you when you’re sick or feeling down because it shows that they care about you.” – Ammon E.

“It means that if I’m in difficulty or having a rough patch, I know that Journey House members/staff have me in mind and will reach out to help me. This increases my sense of self-worth and reassurance.” – Stan M.

“Clubhouse is a place for people meet, when it is not possible, reach out is available to remind members that they are wanted and needed.” – Juan E.

“The reason we outreach is to ensure the members know they are always on our minds and in our hearts.” – Austin M.

“I like the reach out system because it makes me feel unforgotten and cared about when I haven’t been to the Clubhouse in a while.” – TJ N.

“I enjoy going on reach out and visiting with members that haven’t been to the Clubhouse recently. It really does mean a lot to the members to see everyone.” – Jen L.

Answers to the Clubhouse Trivia

1. D.) 1977

2. C.) 5; There are 12 Clubhouse training bases in the world with 5 in the United States; Alliance House in Salt Lake City, UT; Fountain House in New York, New York; Gateway in Greenville, SC; Genesis in Worcester, MA; and Independence Center in St. Louis, MO.

3. A.) 1988

4. B.) 1989

5. True; Hilton Humanitarian Prize is the world's largest annual humanitarian award presented to nonprofit organizations judged to have made extraordinary contributions toward alleviating human suffering.

Journey House Social With Anna Lee



The Color of Love Art Club had an art contest in March of 2022. Sarah P. won 1st place.

Member Highlight:

Alec A.

Q. Where did you grow up?

A. Ogden, Utah

Q. What is your favorite thing to do?

A. Watch cartoons, play video games, and read

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

A. Work in the thrift shop & socialize

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

A. Say hi to everyone

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

A. Enjoy going to county/state fairs

Q. What is something unique about you?

A. I like to color my hair; I try to make levels in video games, and I made comics in 3rd & 6th grade.



Member Highlight:

John G.

Q. Where did you grow up?

A. Agania, Guam

Q. What is your favorite thing to do?

A. Sketching

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

A. Typing

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

A. Welcome and we're glad you're here

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

A. Oak Harbor, Washington

Q. What is something unique about you?

A. I like to draw and joke around with everyone.



My job at Hungry Howie's Pizza Place

By: Allison L.

It took a lot of preparation with my IPS case worker, Jessica, but I finally got a job. I work at Hungry Howie's Pizza Place. I got my food handler's permit, got job prep counseling, picked out interview clothes at the Nifty Thrifty, and I even had the opportunity to take an IQ/Personality test. I went to about 3 or 4 job interviews, before Hungry Howie's hired me. Once I knew what to say, I was hired.

I love my boss. He is so friendly and nice. I love my co-workers. They are mostly aged kids. I have helped prepare the dough, prepare salads, slice pizza, box pizza, wash dishes and janitorial. I haven't quite mastered putting all the right topping on the pizza, the right way, and putting the pizzas in the oven but I am still new on the job. I love to take the pizza out of the oven and box and slice it.

I'm still given the awesome opportunity to get job coaching. Jessica comes to Hungry Howie's to make sure everything is going well. I love working and I knew I could do it. I plan on getting an increase in hours in the future.



Work Ordered Day Kitchen Unit



Each month we will be highlighting different Clubhouses from the United States. We are excited to learn about these Clubhouses. This month we are highlighting Colorado.

Unfortunately, we have not heard back from Frontier House. We did learn some things from their website. Frontier House is a rural Clubhouse in a large county. Transportation is an issue for some of the members as they do live further out in the county. Frontier house has 2 different units – Business Unit and the Kitchen Unit. They have 3 staff members that work in the Business Unit and 2 staff working in the Kitchen Unit.

Be sure to read next month's newsletter to learn more about the Clubhouses from around the United States.

Fun Facts about Colorado

1. Be in four different states at the same time. It's the only place in America where the corners of four states all meet. So, if you're in Colorado head to the Four Corners Monument to stand in Arizona, New Mexico, and Utah at the same time.
2. Colorado is home to the world's largest natural hot springs swimming pool. Glenwood Springs, which is sourced by the Yampah spring, produces over 3.5 million gallons of water per day at a scolding 122F.
3. The name Colorado means "colored red." Derived from the Spanish language, the name was given to the red slit carried out by the Colorado River.
4. "America the Beautiful" was written about Pike's Peak. The song was written by Katherine Lee Bates after she was inspired by her views she saw from Pike's Peak.
5. Colorado is nicknamed the Centennial State. The state was entered into statehood in 1876 on the 100th anniversary of the US independence, which was established on July 4, 1776.
6. The cheeseburger was trademarked in Denver. It's very possible that the cheeseburger was created in Denver, CO. While there are many other restaurants that lay claim to the invention, which been a staple on many menus ever since, it was Louis Ballast of Humpty-Dumpty Drive-In in Denver who was awarded the trademark in 1935.

Colorado Mining Company's "Fool's Gold" Sandwich

The Story goes: Elvis stopped by the Colorado Mining Company for dinner as his tour bus passed through Denver and decided to wine and dine on the restaurant's infamous "Fool's Gold" sandwich. At 8,000 calories per serving, it consisted of – and still does to this day – a hollowed-out loaf of sourdough bread, a jar of creamy peanut butter, a jar of grape jelly, and a pound of bacon.

Elvis liked the sandwich so much, that on the night of February 1, 1976, he flew himself and 22 of his closest friends from Graceland to the Colorado Mining Company in Denver just for the sake of the sandwich. The group stayed there for three hours, drinking Perrier and champagne, and consuming more calories than an obese whale, before hopping back on the jet and flying home. After that, The King would periodically have a Fool's Gold sandwich flown to him whenever he felt like it.

INGREDIENTS

- 1 loaf Italian bread (must be white!)
- 2 Tablespoons butter
- 1 lb. lean bacon, cooked (note ~ must be lean?!)
- 1 (10 ounce) jar smooth peanut butter
- 1 (10 ounce) jar grape jelly

DIRECTIONS

- Cut loaf in half lengthwise and butter both sides.
- Add bacon, peanut butter, and grape jelly.
- Call your Cardiologist for an appointment!



Journey House Wellness Corner

The experience of stress is universal - it is part of being alive. Therefore, developing a healthy response to stress is a skill that will serve you well throughout your life. Some stressors are within your realm of control and can be prevented. Other stressors are unavoidable, but you can alleviate the impact by practicing some of the wellness strategies outlined.

Prevention

- **Good self-care:** Taking care of yourself will help maintain your physical, emotional, and mental reserves to prevent and manage stress. This includes regular sleep, exercise, relaxation, and eating well.
- **Evaluate your priorities:** There are so many amazing activities to engage in at Amherst, but if you try to do everything, you may spread yourself too thin to really reap value from the activities you're engaged in. What is most important to you? Imagine yourself 5-10 years in the future, looking back. Will you wish you invested more in academics? Developing friendships? Co-curricular activities?
- **Consider doing less:** Try to leave yourself some down time to relax and replenish. Before taking on an additional responsibility, take some time to think about whether it is going to contribute to or detract from your overall well-being. Are the benefits worth the potential stress?
- **Practice setting limits:** It can be tough to say "no" to others, or to limit yourself from doing everything, even if you know it might be better for you in the long run. Rather than automatically saying "yes" to new responsibilities, consider changing your default response to, "Let me think about it" or "I'll get back to you" to buy yourself some time to consider the impact of the decision.
- **Work hard, play well:** Working hard is draining, and you deserve to relax and let loose. Choose activities that will help you unwind, have fun, and refuel.

Stress Relief

What is your favorite thing to do when you are stressed? If your go-to strategy involves a pint of ice cream or a pint of beer, consider adding a few healthy options to the mix! It's helpful to create a "diverse portfolio" of stress relief strategies to adapt to your mood and resources. Below is a sample list.

- **Talk to someone:** Whether it's a friend, family, counselor, or religious advisor, getting support is crucial.
- **Play:** Do something purely for the fun of it.
- **Write:** Sometimes it's helpful to get stressful thoughts out of your head and onto paper.
- **Change the scenery:** Take a walk in the wildlife sanctuary, explore a new place in town, or get out of town altogether.
- **Try a relaxation strategy:** Mindfulness, yoga, massage...there are many practices to choose from and a growing body of research expounding the benefits.
- **Move your body:** Find ways to get active and incorporate more movement into your life.

Too Stressed to De-stress?

If you're so stressed that you don't have the time or energy to devote to self-care, that's when you need replenishment the most! Prioritizing self-care is a decision that only you can make and changing behavior can take some effort. These are some tips to help make changes and maintain them.

- **Set a goal:** Be specific about what you'd like to try. E.g. spend 5 minutes a day focusing on breathing, or hang out with friends and not think about work 3 times a week.
- **Make a plan:** How will you meet your goal? What are the necessary steps? Breaking your goal into incremental steps will make it feel more manageable.
- **Write it down:** Just writing down your plan increases your chances of success by 30%. Telling other people will increase the likelihood of following through even more.
- **Get support:** Find a "buddy" who will engage in your plan with you, or find a role model, mentor, or coach.
- **Reward actions, not results!** It's important to reinforce yourself for taking positive steps, rather than focusing exclusively on achieving your end goal.
- **Turn bad days into good data:** Try to view setbacks as information. What happened and how can you handle it differently? Get curious, not depressed! Give the new behavior at least three tries before giving up on it.

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., AND Nanci L.

DBH – OGDEN JANITORIAL – ELLIOTT K. AND KEY 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.

EDUCATION

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

COREY J. – CANYON HEIGHTS ADULT LEARNING CENTER