

## 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!



## November Birthdays

1<sup>st</sup> Ken H.

2<sup>nd</sup> Fina T.

6<sup>th</sup> Char H.

18<sup>th</sup> Trinity M.



### 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

### December Activities

1<sup>st</sup> CIT Training @ Journey House  
1<sup>st</sup> TE Dinner with Anna Lee  
6<sup>th</sup> Christmas Crafts & Dinner with Jen  
9<sup>th</sup> Chuck-A-Rama & Shopping with all staff  
13<sup>th</sup> Ogden Lights & Dinner with Juan  
15<sup>th</sup> Game Night with Juan  
20<sup>th</sup> Movies & Dinner with Austin  
23<sup>rd</sup> JH Christmas Party @ Pizza Pie Café  
25<sup>th</sup> Christmas Day Activity / City Buffet with Anna Lee  
26<sup>th</sup> JH Closed  
29<sup>th</sup> JH Closed  
30<sup>th</sup> JH Closed  
31<sup>st</sup> Movies & Lunch with Austin

### January Activities

2<sup>nd</sup> JH Closed  
4<sup>th</sup> Valley Fair Mall with Rick  
5<sup>th</sup> TE Dinner with Anna Lee  
10<sup>th</sup> Smith & Edward's & Dinner with Matt  
11<sup>th</sup> Pool with Rick  
12<sup>th</sup> Red Robin with Matt  
16<sup>th</sup> JH Closed  
21<sup>st</sup> Utah Basketball Game with Matt  
24<sup>th</sup> JH Social with Jen  
25<sup>th</sup> Layton Hill Mall with Rick  
26<sup>th</sup> Game Night & Dinner with Jen  
31<sup>st</sup> Bowling & Dinner at Panda Express with Austin

**Clubhouse Standard of the Month!**

12. The Clubhouse has its own identity including its own name, mailing address and telephone number.

**What this means to the Journey House Members**

“The Clubhouse having its own space is important for the members to feel safe while they are participating in the program.” – Jen L.

“The Clubhouse being separated from other parts of DBH is important because it allows members and staff alike to feel both safe and also have a sense of belonging and togetherness.” – TJ N.

“The Clubhouse is well organized.” – Irwin M.

“This is good because we can identify as an individual society.” – Sara S.

“It is important because everyone has their own identity.” – Jamie K.

**Job Opening for Journey House TE Positions:**

- 1. 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!**
- 2. DBH Main Kitchen will have a position open in January of 2023. This position will be working 3 days a week. To apply for this position, please come to Journey House and sign up. If you have additional questions, please see the placement manager, Matt!**
- 3. We have a brand-new TE at Garcia’s Mexican Restaurant. This position is janitorial - cleaning the restrooms, vacuuming the restaurant, and mopping the lobby area. The member will work Monday, Tuesday and Wednesday from 8:00 am until 10:30 am. If you are interested, please sign up. The placement manager will be Austin!**
- 4. We have a brand-new TE at Culver’s. This position is a dining room attendant – taking the food to customers, cleaning tables, stocking the cups and refilling condiments, etc. This will be 3 days a week from 12:00 until 3:00pm. The placement manager will be Anna Lee!**





## Community Thanksgiving Luncheon





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## 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	615	541	
Daily Attendance	25.4	28.5	26.2	25.3	27.4	27	26.8	24.3	26.4	29.2	27.0	
Breakfast	335	329	412	291	305	325	289	298	316	313	310	
Lunch	359	378	432	317	367	370	289	291	329	345	317	
Activities	14	14	16	12	14	13	10	12	13	11	7	
Outreaches	35	35	40	40	45	45	45	45	50	50	50	
TE/SE	14	17	17	14	14	14	14	14	14	14	14	
IE	9	9	9	10	10	10	10	10	11	12	13	

### Holiday Message from the Journey House Director!

As the holidays approach us it gives us a time to be thankful for all our many blessings. We've had a great year at Journey House! Over the past year we've continued to grow our membership, attended Clubhouse Utah conference in Park City, participated in the Clubhouse International Seminar in Baltimore, Maryland, and developed two more employment placements (TEP) at Garcia's and Culver's. It has been a good year. During the holidays, make sure that you come and spend it with us, we have lots of fun activities including on Christmas Day and New Years Eve. Being together as a Clubhouse on the holidays is an important part of our model! We love our members and wish the best for each and every one of them. Have a happy holiday season and great new year! – Matt R.

# Journey House Wellness

## November is Lung Cancer Awareness Month

Lung cancer is the leading cause of cancer deaths in the United States, among both men and women. November is Lung Cancer Awareness Month, a perfect time to be proactive and be aware. Know what to look for and how to help lower your risk.

### Learn the symptoms

Lung cancer claims more lives each year than colon, prostate, ovarian and breast cancers combined. It's important to know the signs and symptoms. However, early signs of lung cancer are not always detectable. Symptoms typically occur when the cancer is advanced and may include:

- A new cough that doesn't go away
- Changes in a chronic cough or "smoker's cough"
- Coughing up blood, even a small amount
- Shortness of breath
- Chest pain
- Wheezing
- Hoarseness in your voice
- Losing weight without trying
- Bone pain
- Headache

### Help lower your risk

People who smoke have the greatest risk of lung cancer. Quit smoking to lower your risk greatly. There's no guaranteed way to prevent lung cancer, but here are some other steps you can take:

- Avoid secondhand smoke.
- Test your home for radon.
- Avoid carcinogens at work (e.g. toxic chemicals).
- Exercise often.
- Eat a healthy diet with lots of fruits and vegetables.

#### Source

- Mayo Clinic



# Thanksgiving Day with Juan





## **EMPLOYMENT AND EDUCATION**

### **TRANSITIONAL EMPLOYMENT**

**DBH MAIN KITCHEN – DAVE P.**

**DON’S MEAT – JAYME L.**

**HUD NORTH – NIKO B.**

**GARCIA’S – OPEN**

**CULVER’S – OPEN**

### **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.**

**RANCHO’S MARKET – SAUL R.**

**JIFFY LUBE – BRAXTON L.**

**DBH KITCHEN – ELISA J.**

**DBH KITCHEN – CODY L.**

**PEACE OF MIND CLEANING SERVICES – MJ H.**

**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**

# December 2022

Monday	Tuesday	Wednesday	Thursday	Friday
			1 <b>Bob M.</b> Cottage Cheese & Fruit Arby's Chicken Salad Sandwiches, Potato Salad, BBQ Beans, & Brownies	2 Pancakes & Bacon  Tater Tot Casserole, Garden Salad, Brownies
5 Pumpkin Brownies, Sausage & Fruit Meatloaf, Mashed Potatoes, Spinach, Fruit Salad	6 French Toast & Bacon Chili, Cornbread and Chocolate Cake	7 Oatmeal & Toast  <b>DBH Party</b>	8 Breakfast Burrito  Baked Potato Bar & Pumpkin Pie	9 Cold Cereal  <b>Chuck-A-Rama</b>
12 <b>Dallas W.</b> Bagels & Cream Cheese  Chicken Strips, French Fries, Peach Cobbler	13 Grits, Bacon, and Biscuits  Street Tacos, Refried Beans, Rice, and Scones	14 Biscuits and Gravy  BLT's, French Fries and Cheesecake	15 <b>David L.</b> Eggs Benedict French Dips, Onion Rings, and Sweet Tea	16 Pancakes & Bacon  Nachos & Flan
19 Ham, Egg, & Cheese English Muffins Taco Salad and Churros	20 <b>Dorothy K.</b> Breakfast Burritos  Lasagna, French Bread, Garden Salad, and Pumpkin Pie	21 Cinnamon Rolls & Fruit Chicken Enchiladas and Vanilla Cupcakes	22 <b>Eddy P.</b> Blueberry Pancake & Sausage  Shepard's Pie, Blueberry Pie	23 Breakfast Burritos  <b>JH Christmas Party - Pizza Pie Café</b>
26  <b>JH Closed</b>	27 <b>Elliott K.</b> Ham & Eggs Cheeseburgers, Onion Rings & Chocolate Cake	28 <b>Alec A.</b>	29  <b>JH Closed</b>	30  <b>JH Closed</b>