

The Wasatch House Voice

Brians Blurb



August was a busy month as Wasatch House carried out it's annual Wasatch Wellness Run. It was a beautiful morning in Provo Canyon as 10k and 5k participants competed for medals and others promoted mental health awareness through the Family Fun Fair and 1 mile walk. Awesome prizes were awarded and a delicious breakfast was served by Magleby's to top off the morning. The Race brought in upwards of \$15,000 from registrations and sponsorships. Thanks to Ricky S. our fabulous Race Director who organized a fantastic event. Thanks also goes to our members and staff who dedicated so much of their time to make the race a success. All proceeds go towards funding those without Medicaid to participate in Clubhouse with the aim to become employed in the community.

Career Unit

We have been working hard on our Wellness Race. The proceeds from the race go to help fund those who don't have Medicaid. We have received a lot of donations from our sponsors, and we are expecting a great turn out on the day of our race!

Shout out to Tyson S. who has just started a T.E. , and a shout out to Rebecca J. for helping get prizes for our race. Also, staff is hard at work with community job development, and IPS helps members with finding employment.



Wag Unit

This month has been a good one for the Wag Unit. We are able to, with the help of our members,



ready the grounds for our employer dinner. The grounds have been an important part of our Clubhouse because of the public events we have been hosting which has required us to keep our grounds clean. The members that have been outside working in the heat have been great and staff is grateful for their hard work. The Thrift Store has been receiving plenty of new exciting clothing for Clubhouse. The Thrift Store has opened its doors for all clients of Wasatch Mental Health and has been able to help a larger group of people.

Business Unit

Inside Story Headline

The Business Unit worked hard on the race. We made signs and laminated them.

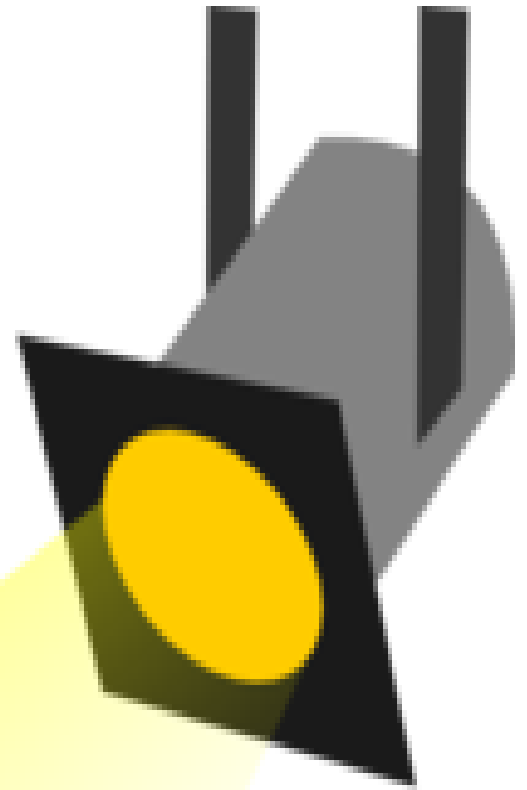
Hillary and Cathy have made current events fun. We talk about local and National news and Linda leads those meetings. We close the doors so we can hear.

We have people cutting up the news paper every day. They take out the news to talk about. They clip out the coupons, and comics for the morning announcements.

We are still taking money for the activities in September which include the Planetarium, Rec Center and State Fair.

Spotlight

The spotlight today is Vanessa C. She has three sisters and Two brothers. She has been a Nanny in child care and has Twenty four nieces and nephews. She went to New Orleans for Mardi-gras which was her favorite place to go. She loves taking care of kids , going out to eat and concerts. She sees herself in the future married working in childcare. She has just recently come back to clubhouse and hopes to make friends.



Kitchen



The Kitchen Unit prepared some amazing specials in July. One of the specials was French Toast with bacon. This turned out to be one of the most popular specials ever. We also served Shepherd's Pie in July and this is always a favorite at Wasatch House. We have had a few new members join our unit recently (Cody and Riley), and they have been a great addition to an already great unit. The kitchen unit has been tasked with cutting fruit for upcoming Wasatch Mental Health Wellness Run on August 5. We will have lots of watermelon, cantaloupe, and honeydew to prepare for this huge race and family fun event. We are looking forward to August specials which are Tuna sandwich with chips, chicken quesadilla, tater tot casserole, and veggie lasagna. Hope to see you in the kitchen!

