

# The Wasatch House Voice

*We want to thank Sherise Crosby, one of our Advisory Board members for applying for, and being awarded a \$2500 grant from her employer, MicroFocus, to be used to help fund services at Wasatch House for those without Medicaid.*

*Additionally, this grant allows Sherise to complete a 40 hour mentorship with one of our members focused on work. We*


*appreciate  
all of our  
members for  
they do.*



*Sherise and  
Advisory Board  
the great work*

*In February, all units will be engaged in contributing to our Strategic Plan for the year. This is where we identify goals that we want to accomplish in 2017 and map out how to get there. As a Clubhouse, A major focus for us will be intensify supportive employment opportunities using the IPS model. We will be marketing this service to the other departments of our auspice agency, Wasatch Mental Health, so as to identify anyone with mental illness who wants to work and invite them to become a clubhouse member. We invite all members to take and active role in this planning process.*

## Brian's Blurb



The Business Unit got off to a good start following the winter holidays, going right back to work doing the lunch tickets: Making thank you , miss you and birthday cards: decorating the bulletin board; and having after lunch current events discussion. We have watched it snow in the front window and it has been dreamy, but we got all our work done.

We go over the lunch tickets every morning and compare them to the rolls. You must be signed in or out or we put your name on a list and turn it into the kitchen. If you didn't sign in or out you will be served last at lunch time.

We would like to invite you to come into the Business Unit after lunch and participate in our current events discussion. We have a variety of news articles to choose from; International news , the wars , climate change, Trumps new presidency and local news. If you don't like any of the news articles we have pulled, you can find your own.

In general , the business unit keeps us busy and happy , and we would like to invite you to come and visit us.

# Business Unit



The kitchen unit has three new members that have joined us in the past month. Also, two of our new members completed the food handlers test and earned their permits to work in the kitchen Unit. One of our long time members renewed his food handlers permit through the online courses, and this has helped us to keep our food handlers permits current.

We received a surprise visit from the Utah Health Department and received a perfect score! We are very proud of our team for maintaining a kitchen and work environment that meets all the standards and expectations of a licensed restaurant.



Our winter menu has been a success as it seems that everyone loves our soup options. During many of these recent cold winter days, many of our members have made hot soup their choice. So far it seems that each soup appeals to everyone.

During the recent snow/ice storms one of our valued unit members, fell and broke her wrist. We wish a speedy recovery for Shelly and hope to see her in a few weeks.

**KITCHEN UNIT**

# Career Unit

Special congrats to all the members who started working the Dollar Tree T.E. We hope we can get more T.E.'s. If they decide to keep the members who already work there, we hope that they will continue to keep hiring us for T.E. positions.

Also, thank you for all those who have helped in the Career Unit, to get the wage reporting done, and to those who have helped us keep our unit clean.

We would like to highlight a member, Clark B. when we need help with anything in the Career Unit he is always willing to help and he doesn't ask why, he just gets it done. He always brings a cheerful and positive smile. He definitely makes the unit a better place.



## Education Room

It's a new year and there is a lot to be excited about here at Wasatch House. Our education unit has continued to thrive the past few months in many areas. We have lots of members who would like to improve their computer skills so we are trying to help them learn new skills.

We have had many people earn their food handlers permits in the past couple months. We have had lots of people work hard and we have been able to accomplish a lot as we have all worked together.

We also had an admission counselor from UVU come and give a presentation to the clubhouse about the many resources that are available to our members and how they can best utilize those resources.

We have also helped a few of our members get into a college and start classes. Things are going well and we look forward to continuing the progress of our membership in the education room.

# Wellness

**This month has been a busy one in the WAG Units. We have gotten several huge donations that have kept us busy in the Thrift Store. Many members have been helping us sort, wash, and hang clothes. We continue to need help to keep our thrift store running and keep newer and nicer clothes on the racks.**



# Apparel


**Also, many of the huge snow storms that we have had, have been keeping us outside clearing the sidewalks and drives of snow so that the members can safely walk around Clubhouse. The help we have been receiving with the snow removal has been great! Because of this help it has not taken very long to clear the snow.**



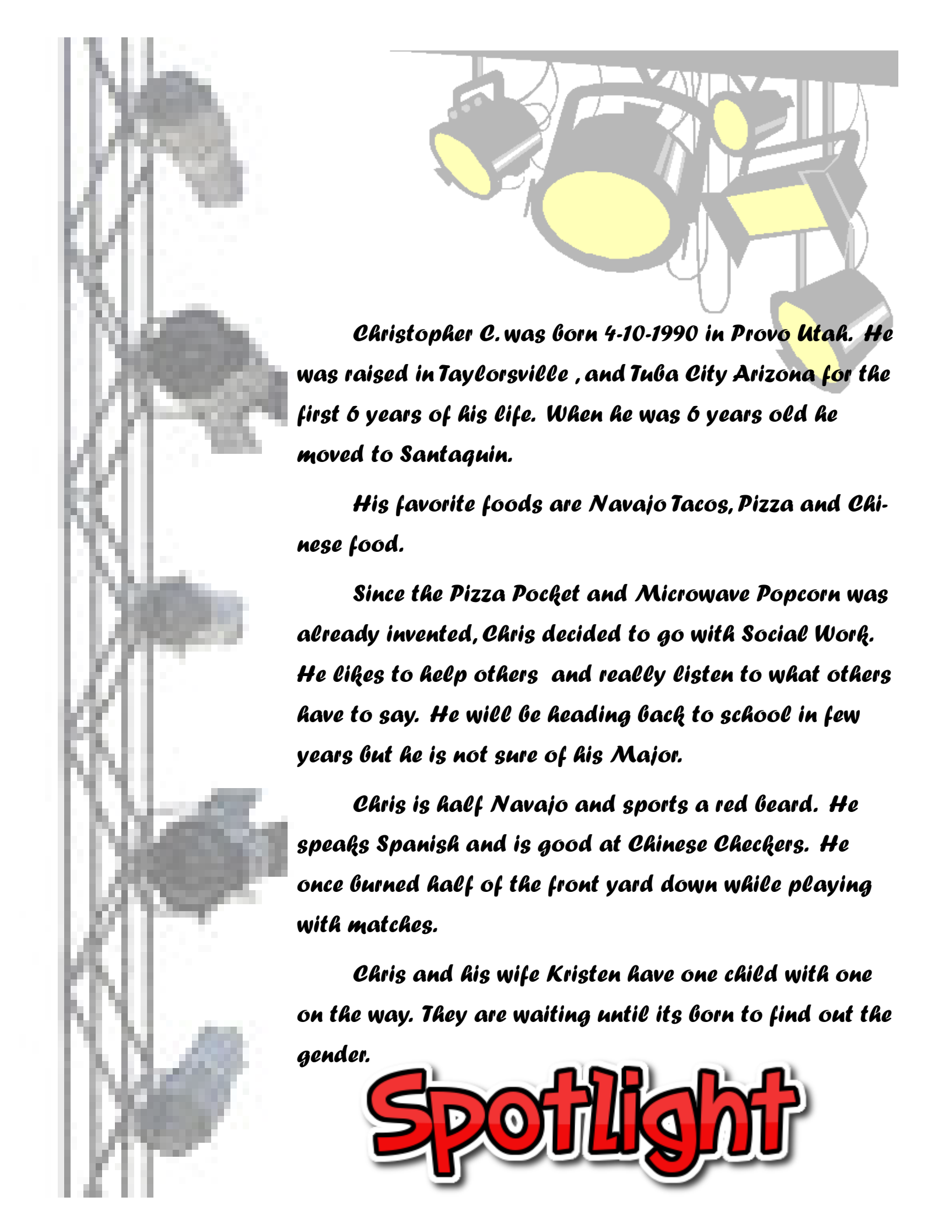
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# Grounds

# Happy Birthday!!!



<i>Mindy H.</i>	<i>2/04</i>
<i>Art D.</i>	<i>2/05</i>
<i>Debbie W.</i>	<i>2/06</i>
<i>Bernell W.</i>	<i>2/07</i>
<i>Bridget A.</i>	<i>2/12</i>
<i>Dennis A.</i>	<i>2/12</i>
<i>Trent S.</i>	<i>2/12</i>
<i>Linda M.</i>	<i>2/13</i>
<i>Danny C.</i>	<i>2/15</i>
<i>Tyrees R.</i>	<i>2/16</i>
<i>Mary H.</i>	<i>2/19</i>
<i>Joyce H.</i>	<i>2/19</i>
<i>Jonell J.</i>	<i>2/20</i>
<i>Ryan B.</i>	<i>2/22</i>
<i>Kathy H.</i>	<i>2/24</i>
<i>Darrel F.</i>	<i>2/27</i>
<i>Stephany P.</i>	<i>2/28</i>



***Christopher C. was born 4-10-1990 in Provo Utah. He was raised in Taylorsville , and Tuba City Arizona for the first 6 years of his life. When he was 6 years old he moved to Santaquin.***

***His favorite foods are Navajo Tacos, Pizza and Chinese food.***

***Since the Pizza Pocket and Microwave Popcorn was already invented, Chris decided to go with Social Work. He likes to help others and really listen to what others have to say. He will be heading back to school in few years but he is not sure of his Major.***

***Chris is half Navajo and sports a red beard. He speaks Spanish and is good at Chinese Checkers. He once burned half of the front yard down while playing with matches.***

***Chris and his wife Kristen have one child with one on the way. They are waiting until its born to find out the gender.***

***Spotlight***

x I'm so proud of you! x



**For the past 60 days, Terri B. has reduced her habit for 30 days and quit for 30 days. She has kept her goal by attending smoking cessation classes and being involved with friends. She says she smells better, things taste better, and she has less congestion.**

WELL  
done  
you  
Did  
It!

**It has been two weeks since she has reduced smoking from one pack a day to 2 or 3 smokes a day. Jen W. is on Chantix and tries to keep busy. She reports she can breathe easier, smells better, and has more energy.**



**Mark F. has been attending smoking cessation classes and says for 4 months he has reduced smoking. He reported that if he continues on this path he will eventually quit. He also states that he feels better about himself.**



# QUOTES AND JOKES



Don't choose the one who is beautiful to the world.  
But rather, choose the one who makes your world beautiful.

Riddle: Why can't you starve to death in the desert?

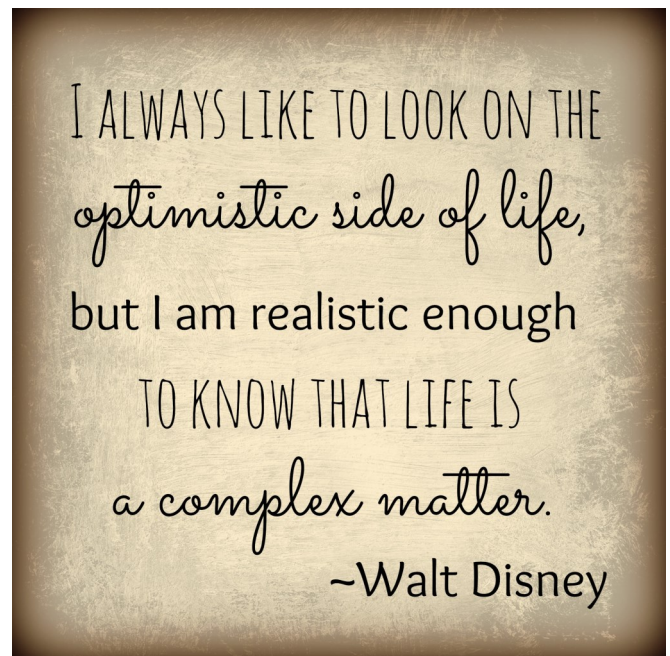
Answer: Because of the sand witch is there!  
(Because of the sandwiches there.)

- Reid B. -

Riddle: There was a lady named Mrs. Bigger. Well, Mrs. Bigger had a baby. So, who was bigger, Mrs. Bigger or the baby?

Answer: The baby, cause he was a little Bigger!

- Reid B. -



# FOR POSITIVE FOLKS