

# Brians Blurb



*Caption describing picture or graphic.*

Clubhouse selected 2 members to attend the Clubhouse International Seminar in Detroit, Michigan later this month. Interested members were asked to write an essay as part of their application. One of the members selected by her peers to attend the seminar wrote this in her application.

I love Clubhouse. It has saved my life. Without Wasatch House I would be homeless and hopeless. Now I feel like I finally have a purpose again. I love working in the thrift shop, visiting with and helping the other members find clothing that helps them feel good about themselves. I have friends again, thanks to clubhouse. I love sharing my experiences, the good and the bad with others struggling with mental illness and I love to listen to their stories. How do you give hope to the hopeless? Show them you believe in them. Provide tools and opportunities' so that they can gain the skills and confidence to go after their passions and find their purpose in life and always keep sharing your voice. We all can be an inspiration to someone. You never know who is watching you . No matter how you feel, get up, dress up, show up and never give up. To me the Clubhouse represents hope and a second chance at life and happiness. Thank you.

What a testimonial to how Clubhouse can affect our members. Thanks for everyone's ongoing efforts to support recovery!

# Wag Unit

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To participate in the fashion show you must have your outfit picked out and written down by Wednesday @ 3:30 pm. The fashion show will start at 12:20 Thursday. You must be in your outfit by 12:15, lined up in the hall and ready to go. Accessories like purses, coats, hats , sunglasses, and jewelry are not included in your fashion show outfit. Any clothing left on the rack after the fashion show will be put back on the racks , for sale. The fashion show is fabulous, come and participate one and all.

# Spotlight

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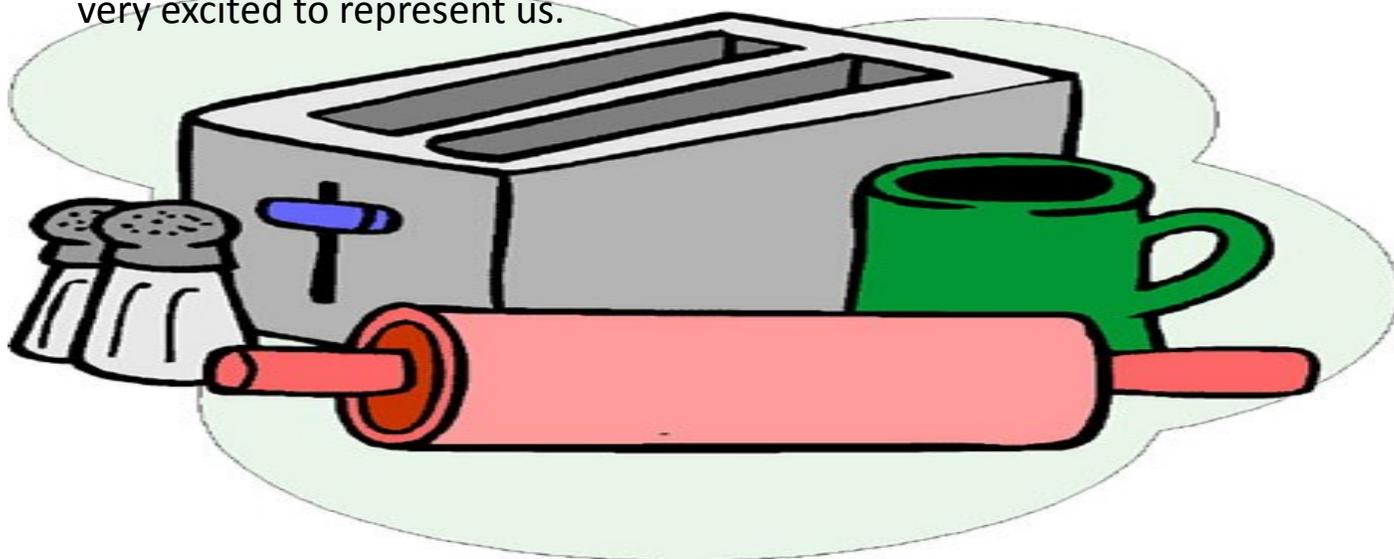
We make over 200 envelopes and birthday cards. Our daily current events discussion keeps up with the homeless situations going on in Salt Lake City. We trained a couple of new receptionists for the front desk. The volunteers from BYU and UVU have started coming back and helping members in the business unit with computer skills. We are getting ready for Halloween with decorations for the business unit.



# Kitchen Unit

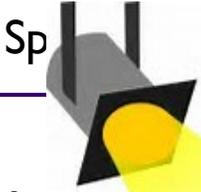
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The Kitchen Unit is in the transitional phase in changing from Summer menu to fall menu. The fish sandwich is now off of the menu and other changes will be coming soon. We recently had 4 kitchen unit members update their food handler's permits and they are now certified for another three years. At this point, everyone is current and we are always looking for new members in the kitchen. We have had a couple of long time members complete cashier training and start on more detailed on the job training by shadowing more experienced workers. This month, the local BYU and UVU Nursing school students have stopped in a couple of times a week to learn more about the Clubhouse Model and to help us out. Some of them have committed to helping with our Halloween Party next month!! They have also scheduled some times over the next few months to update immunizations and to provide flu shots. The interaction has been a great way for Wasatch House members to educate community resources to our program. At the end of September, two of our unit members (Carrie and Victoria) with two others from other units will be attending the World Clubhouse conference in Detroit. They are preparing for that and are very excited to represent us.



# Spotlight

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Jansson R. is from Bountiful Utah. He has 4 brothers and 3 sisters. He has enjoyed installing sprinklers and tuning pianos with his dad. He also traveled to Mississippi and it is his favorite place to go. A favorite movie is Crossroads with Ralph Macchio. He has attended clubhouse for 2 years and plays guitar for fun. He sees himself playing professionally. His productivity at clubhouse is what he likes to come here for, having tasks to do and work on. Mental Illness is not the end for him. He intends to be productive and Motivated

# Heber City Group

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Dear Club House,

Our group participated in fun activities such as picnicking, a ride to Timber Lake, and to a Ranch. We also had a cooking class, went to the Dollar Store and made collages. We worked in our Pathways to Recovery workbooks and talked about our feelings in a group. We have three new members Brittney, Natalie, and Ryan. We are thankful to have a place to come to like Clubhouse and hope to participate more in the future.

## Spotlight

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Teresa W. is from Hong Kong and has 2 brothers and one sister. She has worked in Sales of Women's Clothing. Her favorite place to go is Hawaii. She likes to motivate people and let them know they are talented and nice. She plays the Piano, computer games and tennis. She is a new member at clubhouse and her favorite movie is Memoirs of Geisha. Her recommendation for clubhouse is to make sure people know that this is a friendly place to spend time and that we love one another. She believes she can overcome her Mental Inness .

# Career Unit



This month in the Career Unit we have been busy getting member jobs. Congratulations to Oscar E. and Rebecca J. for getting jobs! The Career Unit team has been working on developing relationships with businesses out in the community. We have contacted businesses such as Walmart, Macey's grocery, TJ Maxx, Ross, Smith's grocery and Eborn books to help our members.

We also have restarted doing our epic movie productions and we have created our own green screen. Thank you to everyone who makes our Career Unit awesome.

