

Palmer Court Times

Sept 2015

Volume: VII

Issue: IX

For Your Information

Starting Sept 14th, for children ages 4-6, a class will be starting called EMOSHA- See AmeriCorps Members for the flier information and talk to your case manager for help with registration.

Are you interested in learning how to make your money last through the month? There will be a budgeting class starting on Sept 22, and going every Tuesday for 6 weeks at 9:30 in the Bud Bailey Room.

Attention! The Wal-Mart Ride will continue at the same time at 12pm Noon until further notice. It is likely to change starting in November, but watch for any changes in future newsletters.

There will be a presentation/training by *Utah Naloxone* for the prevention of opiate overdose and response to overdose on Sept 17 at 1pm in the Main Street Community Room. Watch for fliers for more details.

IMPORTANT DATES THIS MONTH

- **Thurs, Sept 3rd - 12pm (Noon)- FREE Lunch for all Residents in the Main St Community Room**
 - **Mon, Sept 7th - Labor Day- Case Management Office will be closed to observe the holiday. No rides- Please plan accordingly.**
 - **Tues, Sept 8th - Kids Book Club starts at 4pm in Main St. Comm. Room**
 - **Thurs, Sept. 17th - Utah Naloxone Training/Presentation in Main St. Community Room**
- Check Calendar on Page 9 for other dates.

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Come get a courtesy cup of coffee from the Main Street Lobby

WHEN AVAILABLE
(8-10 am)



Palmer Court Programs

Exercise with Darin

Come join Darin in the Gym on Wednesdays from 3:45-4:45pm. Workout fundamentals, advice and basic training provided.

Movie Group

Look for fliers for the dates of Movie Night this month.

Kids Book Club

Book Club starts back up on Tuesday, September 8th. It will be held every Tuesday at 4pm in the Main Street Community Room unless otherwise noted. Kids 6 and older are welcome to participate. If your child is a younger reader and wants to join, consult AmeriCorps Members to see if they are suitable for book club.

New Student Intern

Hello all! My name is Samantha, and I will be an intern here from now until the end of April 2016. I am in graduate school at the University of Utah for my Master's degree in Social Work. Some things about me are that I love all things related to *Harry Potter*, and I love to knit and bake (I promise I'm not as boring as I sound!). I am looking forward to working with and getting to know all of you this year at Palmer Court!

Sudoku Puzzles

2	7		1					3
9	8		4		2			6
				6				
	6					8		
		3		4		9		
		9					3	
				7				
5			6		3		1	7
3					1		8	5

Easy

			1		5		6	8
						7		1
9		1					3	
		7		2	6			
5								3
			8	7		4		
	3					8		5
1		5						
7	9		4		1			

medium

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Newsletter Items from Property Management September 2015

Rent Reminder: Your rent is due on the 1st day of each month. You have a grace period until the 5th to pay it without a late fee.

Rent by the Week: Your rent is due every Monday if you are paying weekly.

House Rules Reminder:

Visitor Policy Reminder:

The visitor policy states that “no guest will be permitted to stay in the building, including the Tenants apartment, unless accompanied by the Tenant.”

You must be with your guests at all times. This is an ongoing problem and we need your cooperation to help us maintain the safety and well-being for you and our staff.

Overnight Guests

Overnight visitors are allowed but you must get prior approval from a member of Property Management. This request must be submitted during office hours 8:00 am to 5:00 pm. Each Resident is allowed overnight visitors for 2 nights in a 7 day period.

Property Management would like to take this opportunity to thank all of you who do follow our visitor and guest policy. Your cooperation with this policy helps to maintain the safety of all of our Residents here at Palmer Court!! Thank you for taking the time to be responsible with those individuals that you invite to your home!

Laundry Rooms

Please be respectful of each other when doing your laundry. The laundry room hours are posted clearly and your cooperation in following these times helps in the peaceful quiet enjoyment of this property for everyone.

Unit Inspections:

<u>September 22, 2015</u>	<u>September 23, 2015</u>	<u>September 24, 2015</u>
1101-1121	1201-1210	1501-1507
2101-2122	2201-2210	2501-2512
3101-3120	3201-3210	3501-3510
1601-1621	2303- 2311	3401-3411
2601-2622	3301-3311	
3601-3620		

*******Please make sure that your apartment is cleaned and ready for inspections. We will not be doing a second inspection on your unit. If you do not have your apartment cleaned and ready when we are there to do the inspection you will receive a lease violation.*******

Thank you to all of you who take great care with your apartment in keeping it clean and comfortable!! Please remember to report maintenance issues to the desk staff. Thank you again!!

Companion Animals

Thank you to all of you who clean up after your companion animal and keep your companion animal on a leash at all times. Your efforts are appreciated and helpful!

Living at Palmer Court by Kelli Bowers

August has been a busy month or at least it seemed to be. We had a local youth group come and provide a kids activity with games and a treat. The group really enjoyed the time with the kids and thankful they could come. Some amazing motorcycle riders held a ride to “Take a Stand Against Domestic Violence.” They made Palmer Court one of their stops and our kids looked at all their bikes and voted on the best bikes. They also handed out some stickers, candy and other items. A great friend and partner of The Road Home rallied support for our kids and generated a great donation of back packs and school supplies for our elementary and older kids. We appreciate the generous support and efforts on their behalf.

As well, August had opportunities for the usual rides to stores and pantries, a family movie night, and a couple of holidays with lots of local fireworks.

We had a new social work intern, Samantha, join the team on Monday, August 31st. She will be here on Mondays and Thursdays through the end of April. Please feel free to stop by and meet her and welcome her to Palmer Court.

This is still in process, so repeating it in this edition of the newsletter:

The Road Home (TRH) is starting a Resident Advisory Board (RAB). The board will meet monthly. It will focus on shelter services and housing services. Its members will have stayed at the shelter and get services from TRH. This is still in process and still open to applicants. Participants need to be able to do the following:

1. Serve on the board for a one year term. There is no limit to the number of terms one can serve.
2. Represent all that get services from The Road Home in the shelter and in housing.
3. Discuss monthly agenda items and provide suggestions to TRH staff.
4. On occasion, help with other activities and events, for instance, working with current shelter users to complete surveys about their shelter stay.

If you are interested in the opportunity to serve on this board and can commit to a year of service, please see Kelli in the Case Management office.

Coming up in September:

Case Management offices will be closed on Monday, September 7th in celebration of Labor Day; otherwise, we will be open Monday through Friday from 8 a.m. until 5 p.m., unless otherwise posted. Some days of celebration are: September 5th is Cheese Pizza Day; September 9th is Teddy Bear Day; September 13th (1st Sunday after Labor Day) is Grandparent’s Day; September 16th is National Play Doh Day; September 21st is International Peace Day; September 25th is National Comic Book Day; and September 28th is National Good Neighbor Day.

As always, thank you to all who have dropped by and talked with me (Kelli Bowers). I enjoy the opportunity. It is always uplifting to hear stories from those that shared the changes they are making in their lives that have resulted in them feeling healthier and happier – great work. Please feel free to drop in and express what issues are of concern, what you would like to have happen, and what is going well. Your time and ideas are very important. If I cannot spend time immediately, I am glad to set up a time we can talk. As well, you can call me at ext 2404 or at (801) 505-7637.

Nutrition & Health Resources

The Community Food Co-Op

They are now open on Mondays and Thursdays from 3:30 pm to 6:30 pm and Saturdays 8 am – noon. Residents can use food stamps for purchases including: dairy, eggs, cheese, milk, gluten free things, produce, and meat. They said they have lots of new items but the prices are still the same. They have weekly delivery services but that is not covered under food stamps.

Utah Food Bank Trips and Deliveries

Every week, Palmer Court staff gives rides to two different Food Pantries- and everyone is welcome to come along. On rotating Fridays we give rides to Hildegard's Pantry at 10am, and to NW SL CAP at 12:15 p.m. We also offer an on-site Emergency Food Pantry provided by the Utah Food Bank. The Utah Food Bank delivers perishables once a month- this month the delivery will be on September 16th between 8:15 and 9:30am.

Healthy Choices by Darin Beane

Making healthy choices is about more than eating right and exercising. Healthy choices include who we hang out with, what we do with our time and how we treat others.

Everything we do, and everything we are, has a lot to do with our choices. You can't choose your parents/family, but you can choose your friends. You can't choose your eye or skin color, but you can choose what you wear and how you practice proper hygiene. Take a second to think before you act. Take a breath and start making healthy choices today.

Health Resources

4th Street Medical Clinic

409 West 400 South Salt Lake City, UT 84101
Ph: 801.364.0058

Call between 8:00am and 8:10am to schedule an appointment.

Salt Lake Donated Dental Services

1383 South 900 West, Suite 128 Salt Lake City, Utah 84104 Ph: **801-983-0345**

Individuals seeking care enter their name into a drawing a day ahead of time and all patients who are treated are "drawn" daily.

Monday, Tuesday, & Wednesday:

9:00 AM to 12:30 PM & 1:30 PM to 4:00 PM

Thursday & Friday:

9:00 AM to 12:30 PM

Info for Animal Owners

When considering getting a companion animal, avoid impulsive decisions – that puppy or kitty sure is cute, but it's a long term financial and emotional commitment.

- ❖ Get your pet spayed or neutered (see someone in case management to get a FREE VOUCHER!)
- ❖ Make alternate arrangements for your pet if you can't care for it. You never know if there will be an emergency so make sure to have someone else prepared to take care of your pet just in case.
- ❖ Palmer Court **DOES NOT** have an emergency fund to pay for vet care. Plan on having money saved in case of a pet emergency.



The Department of Workforce Services

Volunteering is a wonderful way to get involved in your community! It keeps you busy and out of trouble and it also builds your experience for when you are looking for employment. Volunteer not only makes a difference in your life, but the lives of many others. It's doing a great thing and getting a great experience in return. Here are some August volunteer opportunities to get you thinking:

Salt Lake City Twilight Concert Series: If you love music and would like to help bring it to the community, consider volunteering for this concert series. There are some rewards to volunteering, such as tickets and shirts, and it would be a fun time! Volunteer here: <http://twilightconcerts.com/infomarket/>

Waste Wise at the Farmer's Market: It's important to do our best to keep our world clean. If it's something you're passionate about, volunteer to help at the farmer's market. You will talk to patrons about the importance of recycling! Email Olivia Juarez at wastewise@downtownslc.com to volunteer.

To get monthly updates on volunteer opportunities, visit: <http://www.slcgov.com/volunteer>

For help finding volunteer opportunities or to get more info, come see Makele!

JOB Assistance and Information

One starting place for work is with Advantage Services. There are graveyard cleaning jobs and we have a transportation solution. The Downtown Clean Team through Advantage Services continues to be an option for work. This job is working to clean up the downtown Salt Lake City Area. People work 15 hours a week in 3 hour shifts. Weekends are also available. This is a great opportunity to earn some money and have a few hours of work. Advantage Services offers a chance to begin again. See Makele or Tim for job opportunities.

Checked the board now regularly outside of Tim's office in the State Street Community area. He updates weekly potential jobs that may interest you. We also have workshop and volunteer opportunities posted. Makele White is also here to help with tutoring if you are going to school to complete general education. She can help you get ready for a test, understand that tricky problem or edit a paper.

Workforce Services Onsite

Tim – 801-707-3550 Tuesday through Friday 8 to 4:30pm

Mary – 801-707-3553 Monday to Friday – 8-4:30pm

Makele White – DWS AmeriCorps- Tuesday 11-4 & Friday 9-3pm

Susan White (Elig. Spec.) –801-245-4623 onsite Mondays 8:30-5pm

A Note from Eligibility

NEW HOURS FOR SUSAN WITH DWS
MONDAYS 8:30 –5:00- I will ONLY be at Palmer Court on Mondays!
Please remember to report all changes within 10 days
Remember I need 30 days of pay stubs with your reviews.

Opportunities to Work on Mental Health and Substance Use Recovery

Valley Behavioral Health Kid's Team has a dedicated therapist for the children at Palmer Court. If you are interested in having your child receive some help, please contact your case manager to make a referral or contact Nicki Kasteler at (385) 202-0065.

There are many partner providers to help support your recovery. Please see your case manager for referrals. Church of Jesus Christ of Latter Day Saints is providing Addiction Recovery Program at the Palmer Court Branch – 1000 South Main #103 on Tuesdays from 6-8 p.m. For any questions, please call President Gardner at 801-718-5587.

Religious Services in the Area

<p>Calvary Baptist Church 1090 S State St (801) 355-1025</p>	<p>Islamic Society of Greater Salt Lake 740 S 700 E (801) 364-7822</p>	<p>Chabad Lubavitch of Utah 1760 S 1100 E # 1 (801) 467-7777</p>
<p>Indian Walk-In Center 120 W 1300 S (801) 486-4877</p>	<p>Urgyen Samten Ling Mediation 740 S 300 W (801) 328-4629</p>	<p>Church of Jesus Christ of Latter Day Saints Palmer Court Branch 1000 S. Main Street #103 (801) 718-5587</p>

Please let us know if you would like additional services included.

VR Office
50 West Broadway, Ste 800
SLC, UT 84101
801.238.4560
etalley@utah.gov



Palmer Court Office
State Street Side
Tuesday 8am – 5pm
Some days I may not be available during onsite hours*

I'm Erin Talley, the new VR onsite Rehab Counselor. My contact information is above along with my Palmer Court office hours. Please come down and see me during my office hours, no appointment needed. I look forward to working with you.



Are you receiving Social Security Disability or SSI and worried about what will happen to your benefits if you start working? If you want to find out what will happen to your benefits if you work, you can meet with Allison Holfeltz, a Benefits Specialist with Utah Work Incentive Planning Services through Vocational Rehabilitation. She can help you understand what will happen to Social Security disability benefits, as well as Medicaid, Medicare, Housing and other benefits. To meet with the Benefits Specialist, ask your Case Manager to refer you to the Utah Work Incentive Planning Services, and we will contact you to schedule a time to meet.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

September 2015

September 2015							
		1	2	3	4	5	
6	7	8	9	10	11	12	
13	14	15	16	17	18	19	
20	21	22	23	24	25	26	
27	28	29	30	Notes:			

SEPTEMBER 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <u>12 Noon Ride to Wal-Mart</u>	2 9:30 am Ride to Welfare Square 1-2pm VMH Wellness Recovery in Bud Bailey Room 3:45-4:45 Exercise w/ Darin in Gym	3 10 am Ride to Winco Noon- Palmer Court Resident Luncheon in the Main St Community Room- All are welcome!	4 12:15 pm Ride to NW-SL CAP	5
6	7 LABOR DAY Case Management Office Closed- No Rides Today	8 <u>12 Noon Ride to Wal-Mart</u> 4pm Kids Book Club Begins- Main St Community Room	9 9:30 am Ride to Welfare Square 1-2pm VMH Wellness Recovery in Bud Bailey Room 3:45-4:45 Exercise w/ Darin in Gym	10 10 am Ride to Smiths	11 10 am Hildegardes Pantry	12
13	14 10 am Ride to Reams 4pm Kids EMOSHA class (4-6 years old) 5:30-8 pm Project Reality in Main Comm Room	15 <u>12 Noon Ride to Wal-Mart</u> 4pm Kids Book Club Main St Community Room	16 Utah Food Bank perishables delivery- time approx 8:30 a.m. 9:30 am Ride to Welfare Square 1-2pm VMH Wellness Recovery in Bud Bailey 3:45-4:45 Exercise w/ Darin in Gym	17 10 am Ride to Winco 1 pm Utah Naloxone Presentation/Training In the Main St. Community Room	18 12:15 pm Ride to NW-SL CAP	19
20	21 4pm Kids EMOSHA class (4-6 years old) 5:30-8 pm Project Reality in Main Comm Room	22 9:30 Budgeting Class in Bud Bailey <u>12 Noon Ride to Wal-Mart</u> 4pm Book Club Main St Community Room	23 9:30 am Ride to Welfare Square 1-2pm VMH Wellness Recovery in Bud Bailey Room 3:45-4:45 Exercise w/ Darin in Gym	24 10 am Ride to Smiths	25 10 am Hildegardes Pantry	26
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