



1987-2009

A nonprofit agency in partnership with Valley Mental Health and United Way

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## SUMMER AT ALLIANCE HOUSE

### BY: JOLENE DALLEY-WATERS & ROBERT GREY



This summer has been a lot of fun at Alliance House. We have had several fun outdoor activities, such as: barbeques, festivals, and other celebrations.

In June, we celebrated the Alliance House Founders. We had a really nice barbeque, where members, staff, and founders were able to mingle and eat together. Another activity, in June, was attending the annual, Salt Lake City (SLC) Arts Festival, which was a lot of fun! Not only was local artwork featured, but artwork from all over the country. It was fascinating to see the variety of work, ranging from pottery, paintings, clothing, and jewelry! And let's not forget about the wonderful food and entertainment.

In July, members had a great time at The Farmer's Market in SLC, which features fresh produce and a variety of artwork that one can purchase. Also in July we went to Mirror Lake. Robert Grey said, "Members went for a walk around the lake to see the scenery. It was a blast!" Some people were cooling off by jumping into the lake. Lynn Sorensen said, "Joy Maxwell triple-dog dared me to jump into the lake, in return she said she would do dishes for a week at Alliance House." Lynn couldn't pass up this deal and dove into the water. Joy fulfilled her end of the deal too, and spent the next week helping out the Culinary Unit with dishes (but Joy's great and helps out a lot in the culinary unit...thanks Joy!).

Other fun activities we did in August were going up to the Park City Arts Festival and we had a picnic at Echo Reservoir. Carla Carr said, "My favorite thing at the Arts Festival were the chocolate caramel bears." They had a good turn out, as nine people came on the activity. Members had a blast at the reservoir. "The water was really cold, but we all had a good time," reported Chelsea Racine.

We have had so much fun with the activities, we hate to see the summer end. Friendships have been made and others have been strengthened. Not only do we work together, we have fun together too.

**Clubhouse Chronicle**

Alliance House is a member of the International Center for Clubhouse Development...

*...a global network creating opportunities for people living with mental illness to be respected members of society.*

Alliance House provides a guaranteed right to:

- a place to come
- meaningful relationships
- meaningful work
- a place to return

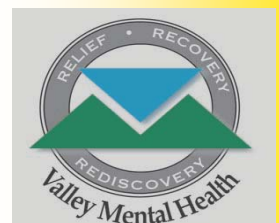
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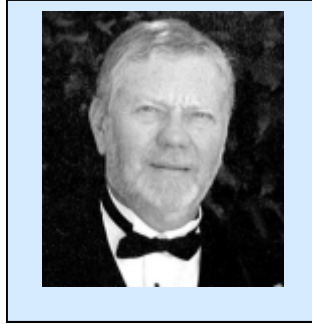
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In Memory of  
 Craig Brown  
 1945–2009



One day, in 2004, when I was home recuperating from lung surgery, Craig took the time to visit me at home to talk to me about a matter that I was upset about. After talking to him, I felt calm and let the matter drop. He showed me that he really cared about clients. He truly was a great man. - Gay Warner

### Memories written by friends

I first met Craig Brown when I made a telephone call to him in 1980. My son had been diagnosed with schizophrenia. He had spent time in the University hospital and had been discharged and moved to a nursing home. I was looking into other housing options with no success. A friend who worked at Valley Mental Health said to me, "Call Craig Brown. I think he could help you." I called Craig and found him to be very understanding, kind and helpful. On Craig's recommendation, my son moved into a pleasant new facility, Genesis II, the following week.

When I joined the Salt Lake Chapter of the Alliance for the Mentally ill, I was introduced to the clubhouse model through a film. To make a long story short, Craig, Jan and Norm Nelson, and Bernadette Velick and I, traveled to New York City to attend the 3rd International Clubhouse Seminar. We were all sold on the model and committed to establishing one of these wonderful models in our city.

When the door to Alliance House opened in 1986, part of Craig's regular schedule was to spend time at Alliance House with members and staff. A vivid memory is of Craig standing at the kitchen sink with members—peeling carrots, listening to members, and encouraging them.

I remember his warm, pleasant manner—his sense of humor. He made his mark at Alliance House. We miss him. - Jeanne Christensen

Dr. Brown has had a supportive part in the history of Alliance House. He is one of the faithful founders of Alliance House. Craig helped us develop the Transitional Employment Placement, part of the formula for members' success. Dr. Brown also attended the 3<sup>rd</sup> International Seminar in New York City. He heard encouraging things and conducted some research of his own. In his own unobtrusive manner, Craig backed up every step of the founding of Alliance House.

Dr. Brown's "presence" was quiet, but earnest. He was the Ex-officio member of the hiring committee. He spoke up when asked for an opinion, or for the most recent helpful background or process. Craig Brown attended every meeting of the Alliance House Board of Directors, as an ex-officio member, for at least a decade. Craig knew the members personally and attended Alliance House graduation ceremonies and Employment Dinners. He encouraged members along the way and praised them in person for their achievements.

Dr. Brown provided quiet but solid encouragement through the process of forming the board, incorporating, and fundraising. He was with us all the way through the development of Alliance House. - Jan Nelson

## EDUCATION CORNER

BY: DEBI DYSON  
& PHYLLIS SHARPLES



This month so far, we have been so busy with everyone wanting to study and up their grades in their classes at school. As for myself, Debi Dyson, I have graduated because of people like Phyllis and those that worked with people like me when I was younger. But we are not here to talk about me. We are here to talk about people like Will Romero and Nikki Smith.

Will Romero has just completed his CNA program at SLCC South City campus. I have never personally seen anyone as dedicated as Will in his studies to accomplish his dreams. Well maybe Nikki Smith. Nikki got a Pell grant to help her pay for college. Nikki is studying to become a Medical Assistant. Yet, all the same, these two people are doing their best to accomplish their dreams. They both want to become what they dreamed of when they were little children.

I recognize that they have the same determination in their college studies, as I had when I was back in high school. I'm proud of them for going to college and getting what they have always dreamed of doing. That gives me the inspiration to do the same.

### MEMBER SPOTLIGHT ON LARRY JONES \* BY HOLLIE BLANK



Larry has been a club member since 2008. He learned about Alliance House from friends. He wanted to learn educational skills and also to make new friendships. He says Alliance House feels just like home to him. Larry was born in Mobile, Alabama. His dad was in the service so he also lived in England, Hawaii, Maryland, and Virginia, among many other places. He lives in Salt Lake City now, saying he lives on the roof with the pigeons. Knowing Larry, he is pulling my leg. As for his hobbies, he built a miniature log cabin and he loves to paint. Johnny Depp is his favorite actor. The *Pirates of the Caribbean* is his all time favorite movie. He is also a big John Wayne fan. Larry is a hysterically funny guy and is always ready with a quip. He keeps the Business Unit laughing. We really enjoy having Larry in our unit.

**\*This spotlight, printed last month, accidentally had a different last-name, we apologize for the error, and are re-printing the article with the correct name.**

## SEPTEMBER BIRTHDAYS

Andrew Ingersoll—Sept 1

Corey Klepper — Sept 1

Tineke Van Dijk — Sept 2

Myron Peterson — Sept 5

Todd Bigelow — Sept 6

Frank Lepreau — Sept 6

Tracy Park — Sept 6

John Cox — Sept 8

Daniel Ragan— Sept 11

Cindy Richardson — Sept 11

Cheryl Law — Sept 12

Debbie Porter — Sept 13

Steven Oktukolo — Sept 15

David Scarborough — Sept 17

Preston Hyde — Sept 18

Tom O'Neil — Sept 20

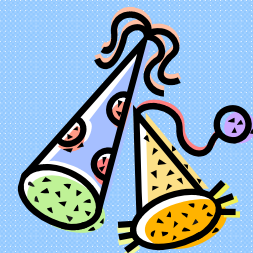
John Barnhurst — Sept 21

Christy Smith — Sept 23

Larry Dee Jones — Sept 27

Larry McStay - Sept 28

David Van Voorhis — Sept 30



## CAREER DEVELOPMENT UPDATE BY: JAKE ROWE AND LUISA KATO



Members and staff are trained to answer phones, take messages and greet visitors at the doors. This has helped with effective protocols and procedures. Phone training is every Thursday at 11:00 am.

There have been four TE positions available this month. Congratulations to Joy Maxwell, who was selected for the Jones Waldo Law Firm and Lori Schettler who was selected for the SLCC Redwood Campus position. The remaining two are at Horizonte and SLCC South Campus.

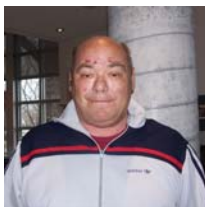
Phyllis Sharples, along with our great team of members, have been busy putting together training base binders. Alliance House is welcoming members and staff of Brisbane, Australia in September.

Members participated in a tour of the Department of Workforce Services. They learned how to register online, as well as search for employment opportunities. They also discussed changes in some of their offered services. Rosie, the DWS worker, explained the process for filing for unemployment insurance and Medicaid. The tour was very informative and helpful.

The CD Unit has a new carousel, which holds pamphlets of information for members who are seeking employment, or those looking to further their education.

### Cox's Corner by: John Cox

Sixty wonderful "61" years of age



I was born September 8, 1948.

According to the records I could find, I have written, "Cox's Corner" for 3 years – from September 2006. It could be longer? I took a break – but for sure it has been 3 years.

3 years of "Cox's Corner" - I never thought I would be so popular.

I appreciate your love in reading "Cox's Corner"!!!! Thank you!!

## Jeremy's Soundbyte



I came across an Alliance House Newsletter from November 1988, the first year Alliance House was in operation, and one of the articles struck me as very relevant to the present...

November 18, 1988 – Member Comments by Kathy Rice. ***"I lost my job. What now? Welfare then Social Security, that would be my income. What about the way I feel about myself? Working was always more to me than just income. It made me feel proud. Is it over? I have realized that there are some things I can't do because of my illness and that is difficult for me to accept. But then, I know inside that there is a lot I can do. I think it is time for me to get up and do them and feel proud again."***

Loss is something we all experience, and Kathy captures it well in her first line, touching that pain we each feel when we lose something valued. In spite of the loss and realization that she has a mountain to climb, she offers a bit of realistic hope that spoke to me. No matter the time, there are so many common threads in the human experience and at a time in the future, when I once again experience loss, I know Kathy's words will come back to me... ***"I think it is time for me to get up and... feel proud again."***

Thank you, Kathy. Thank you to every member who has inspired hope in others to get up and feel proud again.

## Pictures of the Remodel

Cristy Smith and Sue Hanson show off the 2nd phase of the Health hut with new cupboards and a prep station for snacks!



## CULINARY UNIT UPDATE BY: TRAVIS WESTERMAN



The construction on the kitchen is done. It went ahead of schedule, but there was one snag. One of the walls by the pantry was going to get knocked down to make room for the freezer; however, that wall turned out to be a supporting wall. So instead, the freezer went by the wall in the kitchen. The rest of the construction was right on. There is now twice as much counter space and a bar in the dining room to sit and eat. Soon we will have stools at the bar, making more room to sit for lunch. It all looks great!

## Business Unit Update By: Betsy Maxwell



We would like to welcome Debbie Barrett, Darrell R. Boldt, Larry McStay, and David Mathews.

We have just received a donation of pennies to roll. How much money is it? Well thanks to the anonymous donor anyway. It will help Alliance House a great deal. Thank you members for helping roll pennies.

Thank you Business Unit for “Being Funky” and keep up the good work!



Petra Pallos and Scott Pyke stand at the new bar in the dining room, where people will be able to sit and chat.

**CLUBHOUSE INSIDER**

**BY: SUE HANSON & DUNCAN MCDONALD**



Once again our members put their hardhats on for our 2<sup>nd</sup> phase of remodeling. We now have a new area with lots of cupboard space for our Health Hut items. We also have lots of working space for making delicious snacks so let's get some new members to help us with making goodies.

We are very pleased about the United Way Day of Caring on September 10. It will start with a yummy breakfast at 7:30. Once again, Jones, Waldo, Holbrook and McDonough law firm is going to be working with us. They are going to help us spiff-up 1805 and the guest house.

Rob Peden and Madge Schull are going to represent us in our 3-week training coming up on September 20 through October 2<sup>nd</sup>. The clubhouses that are coming to training are: New Reflections from Tooele, Stepping Stones from Brisbane, Australia; and Sunrise Club from Yahima, California.

As promised we now have a Wii video game for use on Thursdays from 4-5 p.m.

Come and join us in all of these fabulous activities!

**STANDARD OF THE MONTH #30**

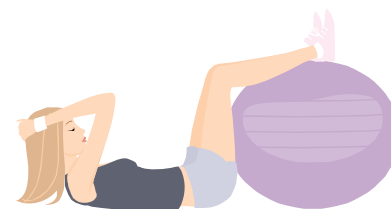
**BY: SCOTT PYKE & KATIE LORZ**



*#30 The Clubhouse director, members, staff and other appropriate persons participate in a three-week training program in the Clubhouse Model at a certified training base. As we look forward to our 36<sup>th</sup> training group with colleagues as close as Tooele, Utah and as far as Australia and as unique a city name as Yakima, Washington we reflect on the standard of three week training and how important it is. We have sent many colleagues to training at various clubhouses to learn how we can better understand the clubhouse model. We look forward to welcoming colleagues to Salt Lake City. We will teach them the things we have learned and some ideas that they can take home to make their Clubhouse a little bit better in return! After all, clubhouse is kind of like a big family. We share our experiences and learn from each other so that we can continue to improve the model! And we always look forward to the welcoming dinners!*

**HEALTHY CHANGES**

**BY: NIKKI SMITH**



What I've done to change my life to a healthy one!

I started gradually losing weight and wanted to make it better. Within a 6 month period I've lost 33lbs. I was 203 pounds, now I weigh 171.5. I've cut down on drinking soda pop because I started reading the labels and noticed what soda has in it. I feel that I have more energy and don't have to go to the bathroom as much at night when I am trying to sleep.

The other healthy change that I made is doing light to moderate exercise. My main goal is to weigh 135. When working on this change, I will be in better health to do the things I want, such as, skiing and swimming. I want to be able to have a healthy life and enjoy it at the same time.

## STATISTICS BY: RUTHENA HENSLEY



Wow! Our clubhouse thrift store, otherwise known as The Clubhouse Closet, increased its profits by \$85.26 for the month of July 2009. Way to go Career Development Unit! Total lunches served in the month of July were 656, that is 143 more lunches than in June. Way to go Culinary Unit!

**Our first young**

**adult social**

**event was a**

**huge success!**

**We went for a**

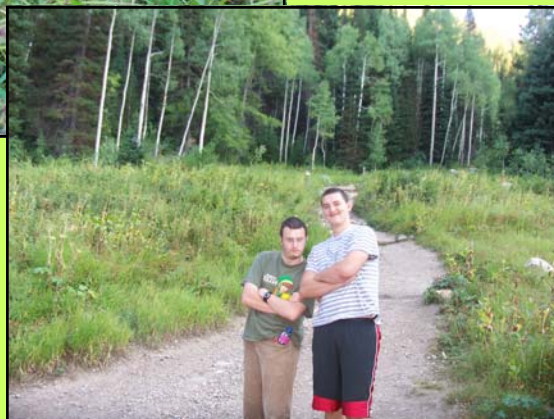
**hike up Donut**

**Falls and hope**

**that next time,**

**you'll consider**

**joining us!**



### 2009 clubhouse close up tours schedule

- ◆ September 9th, October 14th, October 28th
- ◆ November and December dates TBA due to holidays

Tours are regularly scheduled for the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of each month at 11:00 a.m. unless it falls on a holiday.

We can add tours to accommodate schedules.

If you have questions about Clubhouse close-up tours please call Karen at 467-1262.

### Contributions through a Charitable Remainder Trust

A charitable remainder trust is a popular way to make charitable contributions. A charitable remainder trust lets a donor make a substantial gift now, while receiving income from the assets for use during your lifetime.

If you would like information about including Alliance House in your estate planning, please contact Karen at 801-467-1262.



**Are you interested in  
learning more about Alliance House?**

- Check us out on the web at [www.alliancehouse.org](http://www.alliancehouse.org)
- Come in for a “Close-up Tour”
- Email or call us for more information

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