

Newsletter

In This Issue

Labor Day

Back to School

Block Party!

Kim R's "Garden of Inspiration" Display

Are You Ready For Some Football?

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Block Party 2024

Bellevue Clubhouse

Bellevue Clubhouse, a program of HERO House NW, offers hope, empowerment, relationships, and opportunities for adults recovering from mental illness such as bipolar disorder, depression, anxiety, schizophrenia, etc. "Work-Ordered Day" is at the heart of this recovery process. Members are encouraged to work side-by-side with staff and other members to complete the work of the clubhouse. This work can range from helping prepare our daily meals, to running our reception desk, to writing and editing grants. By becoming part of this work, members are encouraged to use their unique talents and acquired skills to help strengthen their self-esteem and confidence.

New Membership:

1. Call (425) 614-1282 to schedule a personal tour of Bellevue Clubhouse
2. Complete a simple application
3. Ask your mental health provider to complete the referral form
4. Attend an orientation at Bellevue Clubhouse

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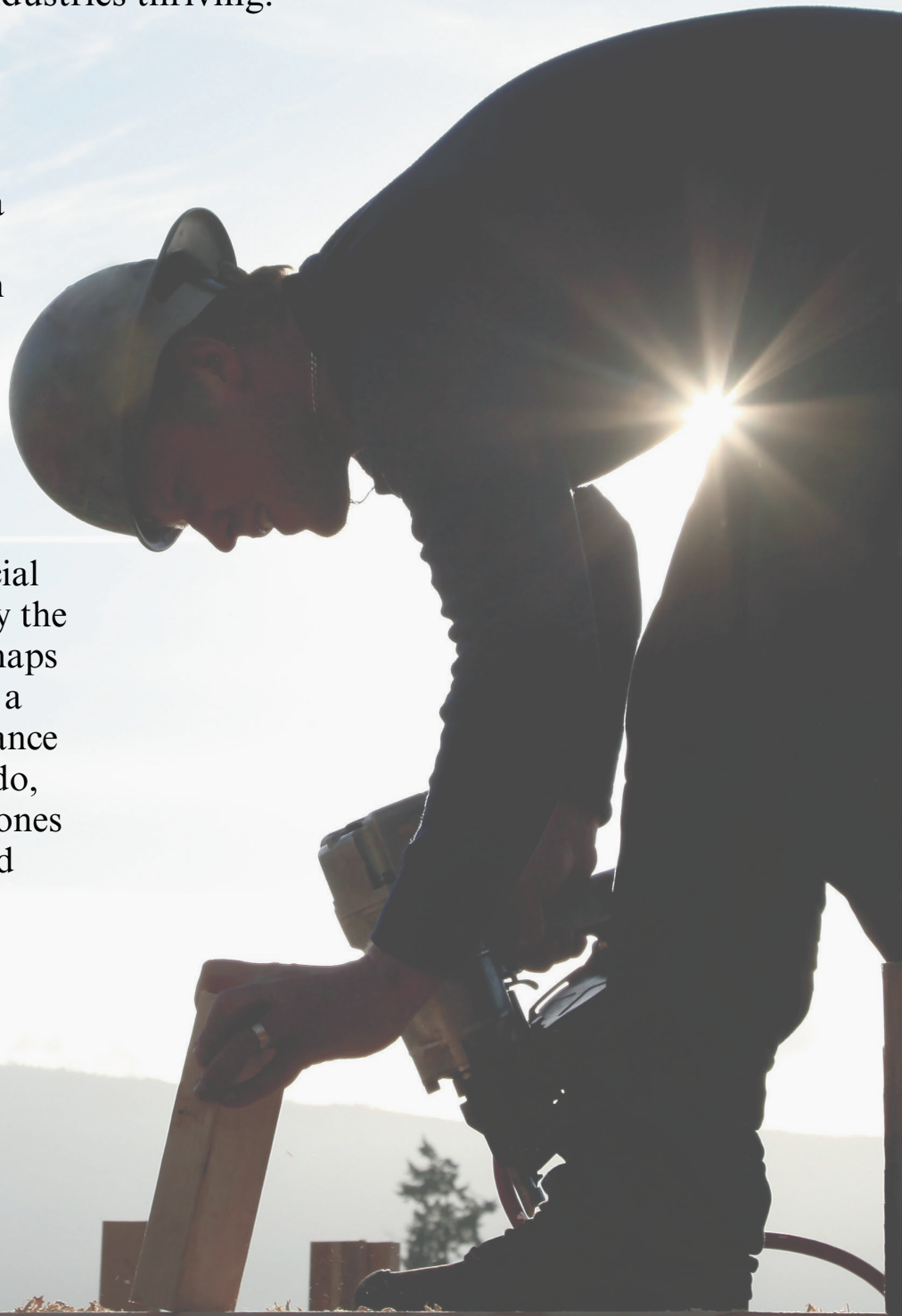
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Labor Day 2024

As summer draws to a close, Labor Day offers us a unique opportunity to appreciate the contributions of workers across the country. Observed on the first Monday in September, this holiday honors the dedication and effort of everyone who keeps our communities, businesses, and industries thriving.

The first Labor Day was celebrated on September 5, 1882, in New York City, organized by the Central Labor Union. It was a day set aside to honor the American worker and their role in building the nation. By 1894, the holiday had gained national recognition, and Congress officially declared Labor Day a federal holiday.

Labor Day also marks the unofficial end of summer. It's a time to enjoy the last warm days of the season, perhaps with one final trip to the beach or a neighborhood gathering. It's a chance to celebrate not just the work we do, but the time we spend with loved ones and the communities we help build together



Back to School

By Michelle P.



Every September, students start school across Elementary, Junior High, and High Schools. Seniors start thinking about college. Other students like the Sophomores start taking driver's education. The Freshmen get to know their new schools. Juniors only have two years left before graduation. With the upcoming school year, there is a lot of excitement to see new teachers and new students. Some old faces, some new!

School shopping is important for kids and teenagers. Lots of churches have people drop off items for kids who don't have enough money to buy school supplies. Stores like Target, Walmart and Walgreens have special items on sale for school. Schools also serve breakfast and lunch, and it's sometimes free for kids who can't afford to pay.

The schools in the Renton, Bellevue, Issaquah, Seattle and Lake Washington districts all have yellow school buses. Some districts have electric buses. In the future, maybe the school buses will be like the Jetsons and kids will be able to take the bus to the moon or even Mars!

Did you know kids in Japan go to school 6 days a week? No wonder they're smarter than the American kids! Other kids like in Australia, New Zealand, and South Africa go to school from March to December. Their summer starts in December.

Eventually the school year will come to an end and our summer begins! I love back to school shopping, like what's going on right now, picking out a new backpack, clothes and other school supplies.

BLOCK PARTY 2024!

BY: ALEX.O.



I woke up that morning and was happy to go to the Block Party.



The Block Party was fun. It was fun because I got to see people get dunked and got a temp tattoo! I had a dream catcher temp tattoo.



I watched my 2 younger sisters sell pictures and flower crowns and custom pens.



It was a sunny day and I got to see my friends.



I listened to people sing karaoke and watched people get face painted. The face paint designs were colorful.



The music was ok but a little bit too loud. The pulled chicken sandwich and potato salad were good.





celebrating the creativity of the memory hub community

"Garden of Inspiration" | August 23, 2024

UW Medicine

MEMORY & BRAIN
WELLNESS CENTER



The Memory Hub



At this year's "Garden of Inspiration" art exhibit at the UW-Memory Hub, I was honored to contribute a piece called "Sun Wind" (layered acrylic). The show celebrated imagination & creativity of people living with memory loss. This was a one-day event, and I was able to bring my mom and cousin to the show. The Memory Hub also accepted 3 additional art pieces of mine, to display in the atrium area during the next year. Thank you, Memory Hub for all you provide for our community!

-Kim Rettig

The UW Memory and Brain Wellness Center at Harborview Medical Center in Seattle is dedicated to providing comprehensive care for individuals with memory loss and neurodegenerative conditions, such as Alzheimer's disease and other forms of dementia.

The offer clinical services, engage in cutting-edge research, and provide support through community programs.



Did you know...?

According to the Population Reference Bureau, approximately 7 million Americans in 2020 suffered from some kind of dementia. That number is expected to rise to 12 million by 2030.

1 in 10 US adults 45 years and older reported worsening memory loss.

However, there are a number of promising lines of research in diagnosing and treating dementia.

Are You Ready For Some Football?

America's true pastime returns this fall, with big changes for both the Seahawks and Huskies coaching staffs. **Don't miss Hero House Bellevue's Season Opening Party on September 5th at 5:00 PM.**



Pete Carroll's legendary run has come to an end. He has been replaced by Mike McDonald from the Ravens.

McDonald is known as a defensive-minded coach. There are high hopes he can improve a sub-par defense from 2023.

Drew Locke has been replaced by Sam Howell from the Commanders.

A major question is whether or not Geno Smith can return to 2022 form. He has arguably the best wide receivers in football.

First regular season game is September 8th at 1:00 PM.



Jedd Fisch has replaced Kalen DeBoer as Head Coach, who left for Alabama.

Only one starter remains from last year's championship runner-up.

Many 2023 players either went to the NFL, graduated, or left via the transfer portal.

This is the Huskies' first year in the Big -10 Conference after more than a century in the Pac-12.

Most experts are predicting between 5 and 7 wins for this team, with a possible Bowl appearance.

September

Mon 9/2	Puyallup Fair	11am - 3pm
Th 9/5	Spa & Football	5pm - 8pm
Fri 9/6	Culture Fest	5pm - 8pm
Sat 9/7	Fun Run	7pm - 12pm
Mon 9/9	HHNW Huddle Puddle	3pm - 12pm
Th 9/12	Art & Tea	5pm - 8pm
Th 9/12	October Social Planning	3:30 - 4pm
Sat 9/14	Emerald Downs	11am - 4pm
Tue 9/17	HCA Learning Collab	1:30 pm
Wed 9/18	Employment Dinner	5pm - 6pm
Thu 9/19	Games & Pizza	5pm - 8pm
Sat 9/21	Wellness Fair	1pm - 7pm
Mon 9/23	HHNW Finance Committee	5pm - 6pm
Thu 9/26	Picnic/Scavenger Hunt	5pm - 6pm
Sat 9/28	Member Led Social	11am - 3pm

Tue	Club House Pride	3:30pm
Wed	Wellness Wednesday	3:30pm
Thu	Program Meeting	1pm

Weekly Schedule

Mailing Label

Address Service Requested

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