



FIVE COUNTY NEWS FROM 'R' VIEW

VOLUME XII NUMBER 4 - NEWSLETTER OF THE FIVE COUNTY ASSOCIATION OF GOVERNMENTS - JULY-AUGUST 2017

Director's Dialog



Carrie Schonlaw, Deputy Director

The Five County Association of Governments has an Executive Director and two Deputy Directors. Our Executive Director, Bryan Thiriou, has asked me to author the Director's Dialog in this edition of our newsletter.

In the Five County area, over 65,000 individuals are age 55 or older, about 30% of the region's total population. This is the highest percentage in the entire state. As the designated Area Agency on Aging, we are dedicated to

supporting and enhancing the lives of the older population in Southern Utah. This support includes a comprehensive array of services, supports and opportunities: from volunteering, to education and health prevention, to exercise and recreation, to nutrition and in-home services.

With a diverse population - from active seniors looking to maintain a healthy lifestyle and give back to their community, to our frail elderly in need of services to help them remain at home - we continue to look for ways to meet an ever growing need in our region. As part of this goal, we were recently re-awarded funding from the Corporation for National and Community Services (CNCS) for the Retired Senior Volunteer Program (RSVP). The Five County AOG administered that program for many years, however, due to staffing changes and reorganization within the agency, along with changes at the federal level in the overall focus/goals for the program, we have not had the RSVP since the fall of 2015. When a CNCS request for proposals was opened several months back, we decided to re-apply for funding based upon the increased need for the services that could be supported through RSVP along with our agency's renewed organizational capacity.

We submitted an application which was approved for funding by CNCS - the only successful grant application submitted for the 2017 RSVP expansion in Utah. This grant will enable us to place a minimum of 75 senior (age 55 and older) volunteers in performance-based outcome assignments to meet the specific needs of our local community. The focus area chosen for this grant was based upon an assessment conducted by the Utah

Association of Area Agencies on Aging as well as the 2016 Community Health Needs Assessment for Southwest Utah conducted by Intermountain Health Care, among other local data. Our primary focus area for the project will be *Healthy Futures: Access to Care and Aging in Place*. Eligible volunteers will be recruited and trained to provide these activities: a telephone reassurance program for homebound seniors and disabled adults at risk for depression, suicide and other health issues as a result of social isolation, loneliness and access to needed services; and, an evidence-based health education and prevention programs with proven outcomes related to improved health and reduction in need/use of more costly medical care.

Early Childhood Collaboration Conference is coming September 22-23, 2017 in St. George



The 17th Annual Early Childhood Collaboration Conference at Dixie State University provides quality training bringing together many partners in our early childhood community. Our goal is to educate each other on who we all are and how we all fit together. Our hope is to provide opportunities to establish linkages and highlight resources available in our communities, so we can work effectively together improving the quality of life for our youngest citizens.

Workshop sessions will feature some of the best presenters coming from many areas of the state - including a few favorites from previous years. Past attendees have given rave reviews about the quality of the workshops. Workshop topics will address many areas of Early Childhood including:

- Challenging Behaviors
- Active Learning Strategies
- Infant & Toddler Activities
- Literacy
- Math
- Art
- Curriculum Strategies
- Working with Special Needs Children
- ..and much, much more!

A "Keynote Presentation" will be given by Nathan Cureton, author of "Empowered: A Teacher Tale of Classroom Culture Creation". *(continued on the next page)*

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Nathan Cureton is a passionate teacher, author, speaker, and leader. With teaching and leadership experience at all school levels, Nathan's influence also extends throughout the region as a sought-after researcher, author, and keynote speaker at schools, conferences, and universities on the subject of creating a classroom culture of student success.

Also speaking at a "Lunch-and-Learn" will be Keri Allred, Executive Director of Rural Utah Child Developmental Head Start. Ms. Allred serves as the Executive Director of a large, rural, Head Start program in Southeastern Utah. Ms. Allred is currently the Director Tri-Chair for the Utah Head Start Association.

Kicking the Conference off on Friday evening will be "Provider Night". Bring a mat or towel to relax with Hannah Rothlin. Hannah holds a Master's degree in Kinesiology (Exercise Physiology) from Sonoma State University in Rohnert Park, California and a second Master's degree in Consciousness Studies (World Religions, Psychology, and Philosophy) from the Holmes Institute in Santa Rosa, California. She is a certified Fall-Proof Balance and Mobility Specialist and has held a variety of fitness certifications over her 30 year career in the Health and Wellness field.

For information on registration, please see the Association's website at: <http://www.fivecounty.utah.gov>

Carrie Sigler, Director, Care About Child Care, Five County AOG

Five County HEAT Program



**HEAT
PROGRAM**

Home Energy Assistance Target

The HEAT program (Home Energy Assistance Target Program) is a federally-funded energy assistance program. Our goal is to assist eligible individuals and families

meet their higher cost of energy during the winter months. Washington County HEAT is also open during the summer months to help with the cooling necessities of that area. The program runs seasonally from October through April, with Washington County's program running year-round.

There is a multitude of ways for families and individuals to apply for our program. We offer "in-office" appointments, online applications, mail-in applications, and also outreach services to meet the needs of individuals who are homebound due to being elderly or disabled. We have seen a large increase in online applications, doubling last year's applications submitted through that method.

Our demographics are families and individuals that are at or under the 150% of the state poverty line. We have specific target groups that are eligible to receive an increase in benefit if there is anyone in the home age 60 or older, handicapped or disabled, or if there are children in the home 5 years of age or younger.

The Five County Association of Governments service region includes Beaver, Garfield, Iron, Kane and Washington counties. During the 2016-17 season we have served over 4,000 households and individuals within those five counties providing over \$500,000 to go towards their energy usage for their electric, gas, propane, oil, and wood consumption. This has allowed many families to be able to stay warm in the winter and cool in summer without having to worry about being able to pay their high usage bills. Of these 4,000 households there have been 1,213 families or individuals over the age of 60; 1,500 handicapped or disabled; 1,500 households with at least one child 5 years of age or younger. We have also served just over 300 households with our outreach program being able to go out to their homes and provide them with much needed assistance.

To learn more about our program you can visit our HEAT website at <https://fivecountycap.wordpress.com/heat>

Jennifer Bracken, HEAT Intake Worker

Innovation Plaza Catches Eye of the EDA



The former East Elementary school, is slated to be the new DSU Innovation Plaza.

Mr. Trent Thompson, the Economic Development Representative for Colorado and Utah at the U.S. Economic Development Administration (EDA) Denver Regional office, visited St. George City on August 2, 2017 to discuss our region's

economic development projects and programs. Economic development and educational leaders from southern Utah described a number of on-going activities as well as several new economic development programs and strategies planned or underway throughout this region.

The main purpose of Mr. Thompson's visit was a tour of Dixie State University's (DSU) Innovation Plaza in support of the University's application for supporting grant funding. The former East Elementary School campus in St. George will continue its educational legacy, albeit with a new name and a new focus, becoming the new *Innovation Plaza* under the auspices of DSU. This facility will directly contribute to this region's economic base by training and employing over 70 lab technicians and researchers.

On-going activities at the *Innovation Plaza* align DSU's regional economic development plan and specifically the Comprehensive Economic Development Strategy (CEDS) that the Five County Association of Governments and it's member counties in southwestern Utah update and implement every five years, in coordination with the EDA.

The University's five-year strategic plan, adopted in 2015, calls for "engaging with the southern Utah region to strengthen civic, cultural, and economic life."

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New and on-going programs will focus on technology, business, engineering, applied sciences and health sciences. Dixie State University's commitment and vision for the *Innovation Plaza* and its programs underscore the coordinated approach our community is taking on economic development, and how these efforts will directly lead to the creation of high quality jobs for the people of southern Utah.

Of the over 4,700 colleges and universities in the nation, only 32 are focused on technology, or are polytechnic in nature. None of those type of schools exist between Los Angeles and Salt Lake City, according to Dixie State University, so it is Dixie State's goal to fill that gap.

While students will continue to learn in the classroom, Dixie State is also promoting "active learning" through potential internships and other programs created through its public and private partnerships in the community.

This center will provide instrumentation and "maker" space equipment to provide regional entrepreneurs and businesses access to research space and equipment to advance their innovative technologies. Matching funds will come from private business, Washington County, and DSU, to cover costs of facilities and personnel. The Innovation Plaza will be a resource center for students, community entrepreneurs and innovators. The Plaza is an open workspace where the private sector can come together with the public sector to work together to create new products and generate opportunities and jobs. These programs will include:

- Center for Technology, Innovation and Entrepreneurship.
- Dixie Innovation and Guidance Support Program.
- Dixie Institute for Research and Technology.
- Dixie Design Center.
- Success Academy (focusing on engineering and computer science).
- Dixie Online.

The plaza itself will be open 24 hours a day, seven days a week. *Jay Aguilar, Mobility Manager/Economic Development Planner*

Iron County YVC Fundraiser a Huge Success



The Iron County Youth Volunteer Corps decided to try something other than a "gala" for our annual fundraiser this year. One evening while I was sitting with my husband, Evan, I was expressing that I just don't have the time or the energy to put into a

gala this year, but had no clue what else to do. I said it would be nice to have something that we could do in a day. Evan suggested a yard sale and the wheels started spinning and they never stopped.

My first thought was how could we possibly make comparable money from a one day yard sale, and where would we get enough stuff to make money.

Evan suggested putting notices in the paper, asking everyone we come in contact with and to get the kids involved in the recruiting of donated goods. I still had some hesitation- it sounded like a lot of work, for not a lot of money.



At some point, selling BBQ hot dogs came up and that's when the light above my head went on. If I could get sponsors to donate "X" amount of money, we

could offer FREE hot dogs and that would bring people in. I would ask the YVC parents to donate the hot dogs, buns, chips and drinks. Now this yard sale sounded like a great plan. We ran ads in the "free section" of our local paper asking for donations from the community and offered pick-up service. Evan was the pickup man and in no time our garage and side yard were packed, along with a small storage unit that we have. We had to rent a larger storage unit that we also were able to pack before the event. The Print Shoppe here in Cedar City sponsored beautiful posters for us and the YVC kids distributed them around town. Cherry Creek Radio sponsored us by playing a pre-recorded announcement throughout the month prior to the sale as well as a live broadcast at the actual event. I went around to some of the local businesses that I regularly work with asking for sponsorships for the hot dogs and was able to raise \$2,300 just by doing that! We also sold "opportunity tickets" for Disneyland before and during the event.

The results from all these efforts were incredible! We had so much stuff and the people never stopped flowing in. In addition to the amount raised from the sponsorships, over \$6,000 was raised from the yard sale. It truly was an amazing event to be a part of. We had 22 YVC volunteers there. Clint Cottam and Kristina Raner came up from the AOG's St. George office, many parents, my husband Evan, a few of our family members, and myself, helping at the sale. It really was an amazing day and a wonderful success story. The YVC kids got to make deals, interact with the public, and learn another lesson in self-confidence.

With all that said, I again want to thank all of the Five County staff for your support in our efforts! Working as a team makes such a positive difference.

Cindy Rose, Community Action Program Coordinator

NEXT STEERING COMMITTEE MEETING:

Wednesday, October 11, 2017 at 2:30 p.m. at the Heritage Center, 105 North 100 East; Cedar City, Utah.



The Five
County
AOG
supports
JustServe

<https://www.JustServe.org> is a website where the volunteer needs of organizations may be posted, and willing volunteers may search for places to serve in the community.

JustServe provides opportunities to relieve suffering, care for the poor and needy, and enhance the quality of life in the community. JustServe is not for proselytizing or publicity. It is simply a service to help link community volunteer needs with willing and able local volunteer individuals and groups.

JustServe Community Service Guidelines:

- The best service opportunities are collaborative - working side by side with others in faith-based, nonprofit, community, and government organizations.
- Community service opportunities should enhance the quality of life in the community and assist the poor and needy.
- JustServe projects should not have a political or advocacy focus, be for-profit oriented, or directly involve volunteers in fund-raising or other prohibited activities.

Please submit articles, or suggestions for them, to our Newsletter editor via e-mail to (newsletter@fivecounty.utah.gov) or in writing to: FCAOG Newsletter Editor P.O. Box 1550; St. George, Utah 84771-1550.

For other information or services, please call (435) 673-3548, or visit our website at: <http://www.fivecounty.utah.gov>

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Five County Association of Governments
1070 West 1600 South, Building B
P.O. Box 1550
St. George, Utah 84771-1550