



FIVE COUNTY NEWS FROM 'R' VIEW



VOLUME IX NUMBER 6

NOVEMBER-DECEMBER, 2014

Executive Director's Dialogue

I wish to thank several Steering Committee members for their dedicated service to the Five County Association of Governments. Commissioner Clare Ramsay of Garfield County and Commissioner James Eardley of Washington County have served southern Utah well. I also want to recognize Washington County School board member Cal Durfey for his service to Five County. We wish each of you the best.

Finally, I would like to be sure that the voice of southern Utah is represented in the "Your Utah, Your Future" survey. Only 50,000 respondents will participate, so I encourage you to sign up below. Utah is growing. By the year 2050 the population will nearly double in size. This is nothing new. Utah has a history of growth and a successful track record of planning for the future. Five County has partnered with Envision Utah so, together, we can keep it that way. Their efforts engage people to create and sustain communities that are beautiful, prosperous, healthy, and neighborly for current and future residents.

Right now, they need your help to make sure Utah retains its great quality of life for us, our children, and our grandchildren. Your voice matters. Share how you think Utah should grow. You're invited to participate in the 2014 Your Utah Your Future project. You can begin by playing the Build Your 2050 Utah game where you'll be able to make choices about Utah's future and watch them come to life. Afterwards, you'll have a chance to invite those in your social networks to do the same.

The goal is to have 50,000 participants join the process and share their voice so Utah can stay a great place to live for decades to come. We encourage you to participate by visiting <http://www.envisionutah.org> (Bryan Thiriot)

Care About Child Care Program



Congratulations Kristy DeGraaf on winning the 2014 National Child Care Teacher of the Year Award. As one of the 10 Finalists in the Terri Lynn Lokoff Child Care Foundation National Child Care Teacher Awards, (sponsored by Tylenol) Kristy then competed for the Helen Marks National Child Care Teacher of the Year Award and WON!



Kristy had to develop a project: Sensational Kids: Developing Mindfulness through Sensory Experiences. She explains, "Research has shown that practicing mindfulness has many benefits for both mental and physical health. My goals for this project include meeting the needs of the children in my care that have special needs and providing materials for all the children in my care to practice and develop mindfulness. I am especially excited

about enhancing the child directed aspect of our program. The introduction of these materials into our classroom will allow the children to experience large muscle, total body sensory experiences in appropriate and fun ways, without disrupting the other things going on in the classroom, or ruining the other materials through inappropriate use. These materials will become an integral part of our day to day routine and a huge resource for the many different children we serve."

With a Bachelor's degree in Psychology, she worked for Child and Family Services as a social worker and realized it was not a good match for her light, happy nature. Kristy opened "The Learning Tree Child Care and Preschool" with one overriding goal: to provide the highest quality of childcare available. When she started her program she felt like she would only run it for a few years until her children were in school and she would move on to something else. However she became so passionate about Early Childhood Education and the work she was doing that she felt this is what she was meant to do. She has also found a love of educating others and advocating for developmentally appropriate practices, policies and programs. She is now a Certified Trainer for Care About Childcare @ Five County. (Carrie Sigler)



Chronic Disease Self-Management Programs

AOG staff are currently looking for Chronic Disease Self-Management (CDSMP) Instructors. This is a volunteer position. Training will be held March 9-13, 2015 at our St. George office, located at 1070 W. 1600 S. Building B. This program teaches people with chronic health conditions to get the most out of life by not utilizing the hospital and clinics. The class is taught by lay leaders, or people with chronic conditions teaching one another. It was created at Stanford University and our program is licensed and trained to teach others. To become a Leader you must attend every session and be willing to teach the course twice in the next 12 months. If you, or someone you know, is interested in becoming an Instructor contact Tracy HeavyRunner at 435-673-3548.

Arthritis exercise classes are being offered through the Five County area and are taught by certified instructors. These classes are to improve balance and posture, strengthen muscles and enhance one's health. We have had several individuals discuss how the classes have increased their independence and improved mobility. The class works through a warm up, toning, slight cardio and cool down in the routine. The participants can participate standing or sitting. It is meant for anyone with any form of arthritis. Please feel free to attend the class closest to you. If you have questions call Tracy HeavyRunner at 435-673-3548.

Arthritis Exercise Class Schedule

Location/Address	Day/Time and Start Date
Cedar Senior Center 489 E. 200 S., Cedar City, UT	Mondays - 10:00 a.m. (Ongoing)
Gym on Main Street 98 Main Street, Parowan, UT	Tuesday & Thursday (Ongoing)
Hurricane Senior Center 95 N. 300 W., Hurricane, UT	To Be Announced
St. George Senior Center 245 N. 200 W., St. George, UT	Tuesday - 1:00 - 2:30 p.m. (Ongoing)
Escalante Senior Center 89 N. 100 W., Escalante, UT	Monday - 10:00 a.m. (Ongoing)
Henrieville Senior Center Main Street, Henrieville, UT	435-679-8666 (Restart October)
Emerald Point 995 Regency Road, Cedar, UT	To Be Announced (January 1st)
Parowan Senior Center 685 N. 300 E., Parowan, UT	To Be Announced (January 1st)
Beaver Senior Center 81 E. Center, Beaver, UT	To Be Announced (January 1st)

Living Well with Chronic Conditions Self-Management Program is a workshop given two and a half hours, once a week, for six weeks, in groups of 10-15 individuals at community settings such as senior centers, churches, libraries and hospitals. People with different chronic health problems attend together. Workshops are facilitated by two trained leaders, one or both of whom are non-health professionals with a chronic disease themselves. Workshops are FREE. Subjects covered include:

- Techniques for frustration, fatigue, pain and isolation
- Appropriate exercise to maintain and improve strength
- Appropriate use of medications and proper nutrition
- Communicating effectively with family, friends, and health professionals

Chronic Disease and Diabetic Class Schedule

Location/Address	Day/Time and Start Date
Five County AOG Office 88 East Fiddlers Canyon Suite H, Cedar City, UT	Wednesdays 1:00 - 3:30 p.m. January 7 - February 11
Parowan Senior Center 685 N. 300 E. Parowan, UT	Tuesday 1:00 - 3:00 p.m. February (Dates To Be Announced)
Five County AOG Office 1070 W. 1600 S., Building B St. George, UT	Monday - Friday (All Day) March 9 - 13 (Leader Training DSMP Cross Training)
St. George Senior Center 245 North 200 West St. George, UT	Thursdays (Diabetic) 1:00 - 3:30 p.m. January 15 - February 19
Hurricane Senior Center 95 North 300 West Hurricane, UT	Thursdays 1:00 - 3:30 p.m. March 5 - April 9

To sign up for one of the Chronic Disease Self-Management Classes listed above, please contact Carolyn Moss at 1-800-705-1699.

Staff Spotlights



The RSVP program is more than just four letters; it improves lives, strengthens communities and fosters civic engagement through service and volunteering. The program is run through the Five County Association of Governments and serves 87 volunteer stations and together, with the other Senior Corps Programs, engages more than 800 volunteers.

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Bonnie Char Hallman is the new Coordinator of the Five County RSVP Program. Bonnie recently moved from Cedar City, where she served for six years as the Public Relations Specialist for the Iron County Tourism Bureau. After a short time with Habitat for Humanity of Southwest Utah, Bonnie joined the Five County Association of Governments and is excited to be a part of the AOG team that serves the community by matching volunteers 55 and older with organizations.

Bonnie enjoys the outdoors: hiking, biking and running, but her true love is snowboarding (and her husband Darrin, of course). Together with their fabulously quirky blended family, Bonnie and her husband play ring leaders to a circus of five children (19), (18), (18), (9), a three year-old terrorist and two dogs.



Jerna Mitchell Watson has been doing Case Management since 1993. She started out as an intern at Mental Health, Youth Services, in St. George and then spent 16 years at the Division of Child and Family Services (DCFS) in different parts of the state.

She recently took a three year break from Case Management to work as a Master Gardener Coordinator and Horticulture Assistant for the University of Wyoming Extension in Wyoming when her husband was transferred there. Jerna is really happy to be back in Utah, especially southern Utah. She has a BS in psychology from Utah State, an MEd in Education, and has nearly completed her PhD in Psychology.

Jerna married her high school sweetheart nearly 5 years ago. Between the two of them they have 6 kiddos, 2 boys and 4 girls. The Watsons recently celebrated the birth of their 12th grandchild. Again the girls outnumber the boys with 4 grandsons and 8 granddaughters. She is an avid gardener and a certified Master Gardener. When she is not working, doing homework, or gardening she likes to crochet, knit, read, sing, and play with her grand children. She likes blue, butterflies, and beating her husband at Canasta or Ticket to Ride.



Sheryl Gardner is the new Coordinator for the Foster Grandparent and Senior Companion volunteers. She has always enjoyed meeting and learning about various individuals and being involved in the community. Whether working with Burmese refugees in northern Utah or being a long term

companion for her grandparents, Sheryl is very passionate about working to help people. Her time at Brigham City's Senior Center only solidified this passion.

Sheryl received a Bachelor's degree in Sociology from Brigham Young University. She then earned a Masters of Arts in Sustainable Development with an emphasis in community development and social action from SIT Graduate Institute. Living near her school, located in Brattleboro, Vermont, started her love affair with the east coast and autumn in New England.

Sheryl loves Saint George's warm weather and red sand and is excited to be involved with Five County AOG. She is originally from Malad, Idaho and will forever be an Idaho girl who loves going home to the family ranch. Sheryl and her husband Dave were recently married and enjoy traveling, planning exciting adventures, cooking, and listening to This American Life.

Annual Capital Improvements List Updates

Five County Association of Governments Community and Economic Development staff are in the process of working with jurisdictions throughout the Five County region to update local Capital Improvements Lists. These lists will be utilized when applying for funding from the U.S. Department of Housing and Urban Development (HUD) and/or the Utah Permanent Community Impact Fund Board (CIB).

A regionally prepared Consolidated Plan includes tables identifying all capital improvement priorities in the Five County area. This HUD required plan also provides for generalized regional goals and policies regarding community, economic, and housing development. Jurisdictions and agencies that may apply for funding from HUD must participate in the development and updating of this region's Consolidated Plan.

Additionally, the CIB Regional Planner maintains a database of CIB Capital Improvements Lists for each county. To be eligible to apply to the CIB for funding, a project must be on the current year's CIB prioritized list, unless a bonafide emergency exists.

There are two elements of the Capital Improvements Lists: a 1-year action plan and a 2-5 year project list. The 1-year action plan only includes projects that a jurisdiction intends to apply for within the next year. For the 1-year action plan, planned funding sources will be clearly identified with cost estimates shown. Projects on the 2-5 year project list are those anticipated to occur two to five years out, with cost estimates more generalized and likely funding sources shown.

If a proposed project is not included in the submitted Capital Improvements Lists, jurisdictions will not be able to make application to CDBG or CIB for funding that project in the upcoming fiscal year. Lists must be provided to the AOG office no later than Thursday, January 8, 2015.

Technical assistance is available upon request for Five County staff to meet with representatives of local jurisdictions to assist in assessing capital facilities and infrastructure needs. Please contact Diane Lamoreaux at dmoreaux@fivecounty.utah.gov or Gary Zabriskie at gzabriskie@fivecounty.utah.gov or via telephone at 435-673-3548.

Let Chili's do the cooking while we support VITA PROGRAM- VOLUNTEER INCOME TAX ASSISTANCE at the same time. With each flyer presented on TUESDAY Chili's will donate 15% of the event day sales back to this great organization.

The VITA PROGRAM- VOLUNTEER INCOME TAX ASSISTANCE Give

Back Event is:
TUESDAY DECEMBER 9, 2014
from 11 am - 11 pm
only at:

St. George
311 N. Redcliff Dr.
St. George, UT 84790
435-628-7503 - www.chilis.com

We look forward to seeing you at Chili's!



more GIVING BACK happens here

To print the flyer go to www.fivecounty.utah.gov/chilis.html

Please submit articles to Diane Lamoreaux via e-mail to (diamoreaux@fivecounty.utah.gov) or in writing to: 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>

Five County Association of Governments is now on



Follow us: @FiveCountyAOG

You can also find the Five County Association of Governments on



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



Merry Christmas and Happy New Year!



Can you, or someone you know, use some help in paying your utility bills?



APPLICATIONS
ACCEPTED
AND
APPOINTMENTS
MADE:

NOVEMBER 2014 THROUGH SEPTEMBER 2015

Washington County: 435-652-9643

NOVEMBER 2014 THROUGH APRIL 2015

Kane County: 435-644-3803

Garfield County: 435-826-4410

Beaver County: 435-438-5313

Iron County: 435-586-0858

The **HEAT** program is designed to assist low-income families and individuals who are struggling to pay their utility bills. The Program can provide benefits for those who qualify, depending on household income. The HEAT program Season begins in November of each year.

Please contact the office in your county for an appointment or to learn more about the program.

Required Documentation

- Identification: Picture ID, Current Driver's License, State ID, U.S. Citizenship & Immigration, Permanent Resident papers.
- Social Security cards for yourself and EVERYONE living in your household.
- A copy of your most recent and active utility bills from each utility supplier (gas/propane/wood/oil, electric).
- Proof of ALL income received by all household members in the month prior to the month of your appointment, OR in the month prior to the date the application is mailed and completed by an outreach worker.
- Proof of medical expenses you paid in the month prior to the month of your appointment.
- Proof of any child support and/or alimony you paid or received in the month prior to the month of your appointment.
- Proof of disability.
- Proof of a child living in the home 5 years of age and under.
- Other documentation may be needed.

Income Limit Based on Family Size

Household Size	150% of Poverty HEAT/HELP	Household Size	150% of Poverty HEAT/HELP
1	\$1,459	8	\$5,011
2	\$1,966	9	\$5,518
3	\$2,474	10	\$6,025
4	\$2,981	11	\$6,532
5	\$3,489	12	\$7,039
6	\$3,996	13	\$7,546
7	\$4,504	14	\$8,053
For each additional member add →	\$507	For each additional member add →	\$507

For more information please contact your County *H.E.A.T.* Office.
Five County Association of Governments