

What's Up?

Information on Health and Human Services in Utah

January 2009

www.211ut.org

Page 1 of 4

Topics

- VITA (Volunteer Income Tax Assistance) Program
- Silver Bowl Award—Nominations Please!
- W.D. Goodwill Initiatives on Aging-Upcoming Presentations and Training Seminars
- Healthy Aging Program
- Community Partnered Mobile Dental Clinic
- Utah Coalition Against Sexual Assault
- Adult Education
- 2-1-1 Information and Referral Resource Lists
- Martin Luther King Day of Service Opportunities

VITA (Volunteer Income Tax Assistance) Program

211 Information and Referral is a proud supporter of the VITA program. VITA is designed to assist low-income Utah families and individuals by providing FREE tax preparation. Families or individuals having made \$42,000.00 or less in the 2008 tax year are eligible.

VITA is run by volunteers from every walk of life. All are trained and certified to assist with basic returns; assistance with itemized returns, small business (less than \$5000.00 income), and past returns (3 years) is also available.

If you would like to volunteer, please call 211 or visit www.211ut.org. Opportunities are also listed at www.utahtaxvolunteer.org.

If you or someone you know would like help with tax preparation, please call 2-1-1 to schedule an appointment at a VITA site near you.

Silver Bowl Awards-Nominations Please!

On Wednesday April 22, 2009, the annual Silver Bowl Awards will be presented to 29 outstanding volunteers who have made significant contributions to our state. Each county will have the opportunity to recognize one volunteer with this award. As an organization that understands the value of dedicated volunteers, 2-1-1 Information and Referral would like to ask you to nominate a volunteer from your agency for this special award.

Please select your best volunteer to represent Salt Lake, Tooele, Summit, or Davis counties, and submit your nomination to our office using the attached form by **March 06, 2009**. In addition to the beautiful Silver Bowl Award, each winner will receive public recognition and be invited to a special luncheon with the Lieutenant Governor. The agency nominating the winning volunteer will also be invited to attend the ceremony.

If you have any questions, or are unable to open the attached form, please contact Kristin Beck, (801) 326-8101, or kristinb@utahfoodbank.org.



W.D. Goodwill Initiatives on Aging-Upcoming Presentations and Training Seminars

Changes in Medicare Premiums and Coverage

January 14th, 11:30 am-1:00 pm

This session will provide up-to-date information on changes to Medicare coverage and premiums.

V.A. Mental Health Services for Veterans

February 11th, 11:30 am-1:00 pm

This training will provide information on services available to veterans in Salt Lake County and surrounding areas. The presentation will focus on current challenges and barriers to receiving prompt mental health treatment, and how the Veterans Administration is addressing these challenges.

Medicaid in Challenging Economic Times

March 19th, 10:00 am-12:00pm

This panel of experts will provide information on Medicaid, how these changes impact Medicaid recipients, what plans governmental entities have to address the challenges and changes to Medicaid coverage in light of the current recession, and how professionals can be actively involved in advocating for their clients through legislative, policy and practice initiatives.

Location: W.W. and D.P. Goodwill Humanitarian Building, College of Social Work, University of Utah, (801) 585-9505

Healthy Aging Program Salt Lake County Aging Services

Program provides older adults with tools and education to help them remain independent and healthy.

The free Living Well with Chronic Conditions workshop is offered for people over 60 years of age and/or caregivers, spouses, etc. Meetings are held for 2.5 hours, once a week, for six weeks in such settings as senior centers, churches, housing units, libraries, and hospitals. The sessions are facilitated by two trained/certified leaders who also have a chronic disease and/or are caregivers/spouses, etc. of someone who has a chronic condition. Scheduling is flexible, and participants are provided with a resource book and relaxation CD.

During the six weeks the following subjects are covered:

- Dealing with problems such as frustration, fatigue, pain and isolation
- Learning appropriate exercises for maintaining and improving strength, flexibility and endurance
- Using medications appropriately
- Communicating effectively with family, friends and health professionals
- Eating nutritiously
- Evaluating new treatments
- Developing successful action plans

For information about upcoming classes, call the Healthy Aging Program, (801) 468-2772 www.slcoagingservices.org

Community Partnered Mobile Dental Clinic Utah Department of Health

The Community Partnered Mobile Dental Clinic provides limited dental services to rural communities throughout Utah. The clinic provides dental services, at a predetermined price, to clients at or below 200% of the federal poverty level.

For additional information please contact: Director: Dr. Bruce Murray, (801)273-6642, Manager: Sylvia Case, (801)273-6641



Utah Coalition Against Sexual Assault UCASA

The only non-profit organization addressing sexual violence issues statewide. UCASA provides resources, training, and technical support to sexual violence prevention educators and facilitates the development of multi-disciplinary teams to respond to sexual violence throughout the state.

UCASA's upcoming Rape Advocacy Trainings will be held around the state during the months of January, February and March. For more information or to register please go to www.ucasa.org or call (801)746-0404

Sexual abuse is often characterized as a woman's issue and nothing could be further from the truth. It is a human issue affecting abuse victims, their families, friends, and communities. Sexual violence occurs any time a person is forced, coerced and/or manipulated into any unwanted sexual contact, whether attempted or completed. While the known crime statistics are staggering, the shame or fear that may accompany sexual abuse or a rape often prevent victims from contacting law enforcement or seeking help, making it the most under-reported violent crime. In all cases, **responsibility lies only with the perpetrator**, who must be held accountable for the rape or sexual violence.

In Utah, rape is the only category of violent crime with a rate that rises above the national average (10% higher). Between 80-93% of the victims knew their attackers and only 28.9% of the Utah's rape victims reported to law enforcement. Thus, Utah's high rate of rape may be seriously under-estimating the actual number of victims. (Rape in Utah CCJJ 2007: A Survey of Utah Women)

Adult Education Utah State Office of Education

The Adult Education program provides adult education services, at minimal or no charge, to approximately 22,000 adults in thirty eight school districts and fifteen community-based organizations throughout the state. The program receives funding from the state legislature and/or federal adult education and family literacy programs.

Services include

- Education opportunities for persons who are in need of completing a secondary education (adult high school diploma or GED), and have not achieved an equivalent level of education
- Learning opportunities for persons who lack sufficient mastery of basic reading, English, and math skills, to enable them to function effectively in society
- Literacy programs for those who are unable to speak, read, and write the English language

A listing of all programs may be found on the Adult Education website www.schools.utah.gov/adulted/public/programs.htm

2-1-1 Information and Referral Resource Lists

Many specific and general resource lists are available on the 2-1-1 website, www.211ut.org/resource_lists.htm
Check them out!



Martin Luther King Day of Service Opportunities

More on the 211 website www.211ut.org/volunteer_services2008.htm

Centro de la Familia de Utah Book Drive

Centro de la Familia de Utah, in conjunction with the Martin Luther King Day of Service, is conducting a children's book drive for Spanish speaking families as part of the family literacy program, from **January 12 to January 16, 2009**. Spanish speaking families can come to pick up free books from 12:00 to 3:00 p.m. on Saturday, January 17, 2009. Books can be dropped off or picked up at any of the 5 locations:

- Centro de la Familia de Utah - Salt Lake Office - 3780 South West Temple, Salt Lake City, UT 84115 Phone (801) 521-4473
- Providence Head Start Center- 316 Gateway Drive, Providence, UT 84332 Phone (435) 787-2328
- Box Elder Head Start Center - 6980 N. 2550 W., Honeyville, UT 84314 Phone (435) 279-1088
- Genola Head Start Center - 352 E. 800 S., Genola, UT 84655 Phone (801) 754-0700.
- Mt. Pleasant Head Start Center - 1150 S. Blackhawk Blvd., Mt. Pleasant, UT 84647
- Centerfield Head Start Center - 270 E. 300 N., Centerfield, UT 84622 Phone (435) 528-7680

Since 1975, Centro de la Familia de Utah's varied services in education have created measurable, positive impact on the lives of Utah's Spanish-speaking families. We are the state's largest Latino-oriented nonprofit agency, with 180 employees in six counties, serving both urban and rural Spanish-speaking families and their children. We invite you to learn about our families, our culturally appropriate services, and our bilingual capabilities. As always, we welcome opportunities to collaborate for improving the quality of life for all Utah families.

Help Warm Hearts for Martin Luther King Day

Salt Lake County RSVP and the office of Volunteer Program Services invite you to participate in a winter scarf-making project at the Salt Lake County Government Center, south building atrium on **January 14th, 2009 11:00 am until 2:00 pm**. This volunteer project is in recognition of the Martin Luther King Day of Service. Participants will cut and tie fleece scarves (no sewing required), which will be donated to those in need, such as The Road Home, food pantries, etc. Materials will be provided. This is a great opportunity to participate in a volunteer project to benefit the community.

If you are unable to be there, but would like to participate, fleece fabric donations will be gratefully accepted. Please contact Virginia (801)468-2185

U Can Do! Canned Food Drive

Utah's emergency food needs have increased by 30% this past year. Please help feed individuals and families with your donations of canned foods for the Martin Luther King Jr. Day of Service. Proceeds will be received by the Utah Food Bank. Please donate canned food items **January 12th -19th, 7:00 am to 7:00 pm** at either of the below locations

- SLCo. Government Center - 2001 State St, North Bldg. Atrium, East Entry
- SLC & Co. Bldg - 451 S. State St, Main Floor, East Entry

For more information, contact tharton@utah.gov, or visit www.volunteers.utah.gov

