

# What's Up?

Information on Health and Human Services in Utah

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**February 2009**

**www.211ut.org**

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## Wasatch Community Gardens Celebrates 20<sup>th</sup> Anniversary with 20 Free Workshops

In celebration of Wasatch Community Garden's 20th anniversary, they are offering 20 workshops in 2009 on organic gardening and sustainable living through a free community education program. Taught by local experts and their staff, these hands-on, interactive workshops will be held at locations throughout Salt Lake County and are open to the public. Topics include starting a school garden, edible landscaping, urban chickens and solar cooking. For the first time, beginning organic gardening and composting workshops will be offered in Spanish.

For a complete event and workshop listing, please call 801-359-2658 or visit [www.wasatchgardens.org](http://www.wasatchgardens.org).

### February 2009 Workshop Schedule

A \$5 donation is suggested. Seating is limited. Please call 359-2658 x12 to register.

#### Organic Vegetable Seed Starting

Sat., Feb. 7, Grateful Tomato Garden, 800 S 600 E, 10 a.m.-noon

Learn what can be started now for an extended season, and how to do it. The basics of starting vegetable seeds in flats, pricking out and transplanting will be demonstrated in the greenhouse.

#### Beginning Organic Gardening

Sat., Feb. 21, Main Library, 400 S 500 E, 10 a.m.-noon (English)

Thurs., Feb. 25, Main Library, 400 S 500 E, 6-8 p.m. (Spanish)

Grow organic and local by learning everything from organic fertilizing and companion planting to composting and pest control.

About Wasatch Community Gardens: Launched in 1989, Wasatch Community Gardens (WCG) has provided opportunities for individuals to grow their own food in urban gardens for twenty years. WCG's mission is to empower people of all ages and incomes to grow and eat healthy, organic, local food. Today, WCG offers a spectrum of programs for Salt Lake County residents including community gardening space, a youth gardening program, and free educational workshops and community events.

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## AAA Fair Credit, Upcoming Classes

**ConsumerCents:** Talking to Creditors. Have you ever been contacted by or called a creditor and didn't know how to explain your needs or who you should speak with? This exciting workshop about effectively communicating with creditors will help you to achieve a positive outcome.

Wednesday, February 18, 2009. Reserve your space online at [www.faircredit.org/event\\_detail.asp?CSID=283](http://www.faircredit.org/event_detail.asp?CSID=283)

**Individual Development Accounts (IDAs)** are matched savings accounts that enable low-income and low-wealth families to save, build assets, and enter the financial mainstream. Classes are required for participation. To find a location near you, or for more information, visit [www.faircredit.org/services\\_ida.asp](http://www.faircredit.org/services_ida.asp)

IDA Classes Beginning in February

Price, UT February 17<sup>th</sup> [www.faircredit.org/event\\_detail.asp?CSID=277](http://www.faircredit.org/event_detail.asp?CSID=277)

Tooele, UT February 19<sup>th</sup> [www.faircredit.org/event\\_detail.asp?CSID=286](http://www.faircredit.org/event_detail.asp?CSID=286)

AAA Fair Credit Foundation (FCF) is a national certified non-profit organization which provides financial counseling, financial education, debt management, and asset-building programs. FCF's mission is to help individuals and families experiencing financial distress restore financial balance by providing customized financial counseling services tailored to meet their specific needs. FCF serves to help consumers overcome the isolation many people feel when dealing with overwhelming financial burdens. Not only do FCF's programs change lives and financial behaviors, they also help eliminate the outside distractions finances can cause.

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## Orientation to Vision Loss Moran Eye Center (University of Utah)

This is a once-a-month (generally the first Saturday), two-hour orientation for individuals new to visual impairment and blindness, and their families. Topics include: optimal use of remaining vision, simple environmental modifications to make life easier, and available resources and services. There will also be aids and assistive devices to try out, such as magnifiers, large print checks, large print and talking watches, a CCTV, a scanner that reads print, etc. Program is open to the community, and there is no charge, but registration is required.

Call 801-585-2213 for additional information or to register.

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## Strength Training for Professionals: Building Capacity to Engage Men

Learn "dominant" and "counter stories" of masculinity and how these relate to violence against women • Explore theories behind engaging boys and men in prevention • Learn effective ways to overcome barriers • Build understanding and capacity to implement primary prevention programs on micro/macro levels • Build skills for speaking with men about sexism and other forms of oppression • Provide exercises, activities and responses to engage men directly • Ally with women to end sexual violence on campus • Build healthier masculinity • Network with allied agencies

February 17th, 18th and 19th

U of U Peterson Heritage Center, Salt Lake City

Registration Fee: \$250

Registration is required. For registration or information, contact: Amy Jensen 801-746-0404 or email [amy@ucasa.org](mailto:amy@ucasa.org)

Presented by: UCASA, U of U Office of the Dean of Students, U of U Women's Resource Center, U of U Housing & Residential Education, and the Salt Lake Area Domestic Violence Coalition

COMMUNITY PARTNERS: South Valley Sanctuary, Inclusion Center, Planned Parenthood, Female Empowerment Movement, SL Co Sheriff's Victim Assistance Program, Utah State SAAVI, The DOVE Center, Rape Recovery Center, CAPSA

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## **S.I.B.S (Super Important Brothers and Sisters) Day** **Save the Date and Spread the Word!**

Saturday, March 7, 2009, 10:00 am -2:00pm  
Primary Children's Medical Center, 3<sup>rd</sup> floor, north end

The Family Support Services Department of Primary Children's Medical Center is sponsoring a workshop for well brothers and sisters, ages 5-17, who have a sibling with chronic medical conditions or disabilities. Participants will be divided into groups according to age. The workshop will create opportunities, through games and activities, to interact with others in similar situations.

Lunch will be provided.

Tuition: \$5 per child

Space is limited, and pre-registration is required by February 27, 2009. Please contact Family Support Services at 662-3701 to obtain a registration form.

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## **Computers for Kids**

Computers for Kids offers refurbished Windows XP computer systems to low-income households, schools and nonprofit agencies. Pentium 3 and Pentium 4 systems, ranging in price from \$50 to \$125, are available. All systems include monitor, keyboard, mouse, CD-ROM drive, and software for Windows XP, Word, and Excel 2002. Many systems have DVD drives and CD or DVD burners.

Nonprofits can feel good about using recycled computer equipment; not only for the positive environmental impact, but also for the money they will save over purchasing new! In addition, Computers for Kids encourages everyone to recycle their unwanted computer equipment through them.

Located on 272 W Cottage (8755 S) in Sandy, by phone at 738-1381, or email Charles at [ccox@compsforkids.org](mailto:ccox@compsforkids.org).

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## **Upcoming Volunteer Opportunities**

If you would like to volunteer for the opportunities below, or for additional opportunities, please call 2-1-1 or visit [www.211ut.org](http://www.211ut.org).

### **American Diabetes Association**

Help is needed with the Diabetes Expo on Feb. 28. It is a one day health fair dedicated to diabetes, healthy eating and active living. Volunteers needed to serve for four hours during the Expo at the South Towne Exposition Center. Lunch and an event t-shirt will be provided.

### **Utah Food Bank Services**

Volunteers needed to help the Utah Food Bank conduct a study which they are participating in called Hunger in America. The study is sponsored by Feeding America. Beginning in February, volunteers will travel to different pantries and conduct surveys of the clients who go to those pantries to find out why they use the emergency food network. The results of this new national study, Hunger in America 2009, will be released in November and December, and will be used by food banks, hunger advocates, policy makers and legislators across the nation. Volunteers will serve in teams. Ability to speak Spanish is helpful but not necessary.

### **National Kidney Foundation of Utah & Idaho**

Volunteers are needed to help with the Kidney Early Evaluation Program (KEEP), a kidney health screening to be held on Saturday, March 14, from 9:30 a.m. to 2:30 p.m. at the Utah Cultural Celebration Center, 1355 West 3100 South, West Valley City. Volunteers are needed to help with paper work.

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## VITA (Volunteer Income Tax Assistance) Program Reminder

2-1-1 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 personal income for 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 tax 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 2-1-1 or visit [www.211ut.org](http://www.211ut.org). Opportunities are also listed at [www.utahtaxvolunteer.org](http://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.

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## Silver Bowl Awards-Reminder for Nominations

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 asks 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 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.

The nomination form and additional information can be found on [www.211ut.org](http://www.211ut.org). If you have any questions, please contact Kristin Beck, (801) 326-8101, or [kristinb@utahfoodbank.org](mailto:kristinb@utahfoodbank.org).

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

### V.A. Mental Health Services for Veterans

February 11<sup>th</sup>, 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 19<sup>th</sup>, 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

