

What's Up?

Information on Health and Human Services in Utah

September 2009

www.211ut.org

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Annual NAMIWalk

Every journey begins with that first step. In 2009, thousands of concerned citizens in nearly 80 communities across the nation will walk together to raise money and awareness about our country's need for a world-class treatment and recovery system for people with mental illness.

Join NAMI for a walk (about 3 miles), and a morning of fun, relaxation and celebration of hope and recovery. Citadel Broadcasting will there with music, activities, and prizes. This is a time when people come together for a good cause and lots of exciting energy.

Each year, NAMI Utah provides free support, education, and advocacy for 13,000 individuals with mental illness, their families, and members of the community. NAMI's outreach includes students, teachers, school, administrators, medical professionals, community faith leaders, mental health specialists, legislators, law enforcement officers, veteran's specialists, corrections personnel, probation officers, diversity leaders, and friends and family members throughout the state of Utah.

In many cases, people with mental illness or their families have nowhere else to turn. NAMI Utah opens its doors to anyone who asks for help.

When: September 26; registration begins at 9 am, walk starts at 10 am

Where: Spring Mobile Baseball Field (where Franklin Covey used to be), 1300 S, between Main St and West Temple, SLC

For more information: www.namiut.org or Mary at 801-323-9900

Maliheh Free Clinic

The mission of the Maliheh Free Clinic is to improve the life quality of uninsured families in the Greater Salt Lake Area by providing free medical services. The clinic is intended to serve children and adults in families below 150% of federal poverty guidelines and who do not have health insurance. It is meant to serve those not eligible for Medicare, Medicaid, homeless services, or other programs. The life blood of the clinic are the hundreds of volunteers including doctors, dentists, nurses, and other professionals, including interpreters, social workers, and financial counselors who contribute their time and talents to the clinic. Maliheh Free Clinic is located at 415 East 3900 South, Salt Lake City, UT. Please contact Jane Powers at 801-266-3700 for opportunities to volunteer.



Osher Lifelong Learning Institute at the University of Utah

Free Lectures for Anyone 50 and Over:

Health Care Reform

Wednesday, September 16, 2009, 12:00 PM – 1:00 PM, Commander's House

Health care reform is about politics and economics. Learn about financing and the mechanics of the reforms and hear Clark Newhall, a doctor of 17 years turned medical lawyer and health care reform advocate, discuss the basis for his views on the correct approach. Expect a lively discussion as attendees challenge the assertions of the presenter. Part of Osher's free Lunch and Learn series for people 50 and over. Call 801-585-5442 for more information.

Radiology in Paleontology/Biology

Wednesday, September 23, 2009, 12:00 PM – 1:00 PM, Commander's House

Learn about the application of diagnostic radiologic techniques and technologies in recent paleontological and animal physiology research including the use of CT for the 3 dimensional reconstruction of endocranial anatomy of dinosaurs and ancient mammals, as well as the use of CT/MRI/angiography in the investigation of alligator digestive and respiratory physiology.

Western Soundscape Archive

Wednesday, September 30, 2009, 12:00 PM – 1:00 PM, Commander's House

The Western Soundscape Archive (<http://westernsoundscape.org>) features audio recordings of animals and environments throughout the western United States. Begun in late 2007, this collection has quickly grown to over 1000 recordings representing eighty percent of the West's bird species, ninety percent of the region's vocalizing frogs and toads, and dozens of mammal and reptile species. This lecture will discuss the past, present and future of this unique project.

Wasatch Community Gardens

20th Anniversary and Tomato Sandwich Party

Sat., Sept. 12, Grateful Tomato Garden, 800 S 600 E, Salt Lake City, 11:30 a.m.-2 p.m.

This annual party will also be a 20th anniversary celebration! Share in the bounty of the harvest with Wasatch Community Gardens and enjoy garden-grown heirloom tomato sandwiches with basil pesto. Join us for live music and kids' activities. Free!

Farmer's Formal – An Event to Support Wasatch Community Gardens' 20th Anniversary Year

Fri., Sept. 25, Episcopal Church Center of Utah, 75 S 200 E, Salt Lake City, 7-10 p.m.

Put on your farmer's formal best for a fun evening to support Wasatch Community Gardens! Feast on delicious cuisine from local chefs and enjoy great auction items, live music and signature drinks. Please call 801-359-2658 x13 or visit www.wasatchgardens.org for more information and tickets.

Pumpkinfest – Celebrate the Harvest with Wasatch Community Gardens

Sat., Sept. 26, Historic Sandy Garden, 500 E 8880 S, Sandy, 2-8 p.m.

Live music, free crafts and games for kids. Handcrafted gifts, tasty harvest treats and heirloom pumpkins will be for sale. Costumes are encouraged. Free!

Autism Council of Utah

The Autism Council of Utah is an independent council working to foster collaboration, communication, and learning among families and agencies. The Council's aim is to promote access to resources and responsible information for individuals of all ages who have, or are affected by autism, or related conditions. The Council will accomplish this by supporting statewide partnerships to collaborate on special projects, research, and training.

For resources and information, visit www.autismcouncilofutah.org



Wine and Cheese Party to Benefit Crossroads Urban Center

Drink selected wines and dine on gourmet cheeses, assorted breads, and fresh fruit while enjoying jazz music.

Crossroads is a multipurpose nonprofit, grassroots organization. Crossroads helps to organize low income, disabled, and minority Utahns to be advocates on their own behalf in addressing essential issues affecting the quality of their lives. Crossroads also provides direct services to help meet basic survival needs.

When: Sunday, September 13, 1:00-4:00 p.m.

Where: The Bayou, 645 South State, Salt Lake

Tickets: Minimum \$45 donation

To purchase tickets or for more info: Linda, 801-364-7765 x 133, www.crossroads-u-c.org

SLC Alert - Emergency Notification System

A Service for Salt Lake City Residents and Businesses

SLC Alert is an emergency notification system powered by [Everbridge](#). The system allows public safety personnel to provide rapid information to Salt Lake City citizens / businesses in the event of a hazardous situation. When activated, the system will call phone numbers from the 911 database in the hazard area, and will also send text-based messages to any pre-registered email or SMS (text) devices.

SLC Alert is a service provided to residents & businesses of Salt Lake City only. Non-residents who work in Salt Lake City are eligible to register for alerts using their work address. Although Salt Lake City will make every effort to ensure the most accurate citizen information is loaded into SLC Alert, due to phone system damage that may occur after a disaster, network congestion, and/or changes that may be implemented by communications network providers, it is possible that individuals may not receive a notification, or it may be delayed. To help ensure citizens receive emergency messages as soon as possible, they are encouraged to provide multiple contact paths, (i.e. SMS text message number, email address, etc). Text messaging rates may apply - ask your cell provider for details.

For registration or more information, visit www.slcalert.com or call 2-1-1

Adopt-A-Native Elder Program



The Adopt-A-Native-Elder Program exists to create a bridge of hope between Native Americans and other cultures. It allows people to reach out to one another, share our gifts, and mend the broken circle of our relationship with the Land and the Native Americans who hold it in sacred trust.

The Program supports the traditional Elders who live in the cultural and spiritual traditions of the Dine' people. Most live in remote portions of the reservation in Northern Arizona and Southern Utah. Many live in traditional log and dirt hogans, some live without running water, and many raise sheep as a means of maintaining themselves. The program provides food, simple medicines, clothing, fabric, and yarns to help these Elders live on the Land in their traditional lifestyle. As they have become elderly, it has become more difficult for them to support themselves on the Land in their traditional lifestyle.

For more information, visit www.anelder.org

Please see the October *What's Up?* for information regarding the 20th Annual Navajo Rug Show happening in November!

Reminder: Please Help us Celebrate Brighter Tomorrows!

2-1-1 and Utah Food Bank Services will soon be settling in at our new location. To celebrate this opportunity for growth and to honor our network of agencies, we would like your help to create a patchwork quilt illustrating how individual agencies create "Brighter Tomorrows" for the individuals and families they serve. The quilt will be hung at Utah Food Bank Services. For details on how to contribute a quilt block, please contact Lorna Koci, lornak@utahfoodbank.org.

Upcoming Free Legal Classes from the Utah State Law Library

- **Small Claims Basics**
Thursday, September 10th, 4:30 - 6:30 p.m.
- **Resources for People Representing Themselves in Utah's State Courts**
Friday, September 11th, 3:30 - 4:30 p.m.
- **Guardianship of a Minor Basics**
Thursday, September 17th, 4:30 - 6:30 p.m.
- **Landlord-Tenant Basics**
Thursday, September 24th, 4:30 - 6:30 p.m.

Where: Matheson Courthouse, 450 S State St., Salt Lake City

More information: Utah State Law Library blog, <http://www.utcourts.gov/lawlibrary/blog> (click on the Classes & Tours link)

Class size is limited, so register today: 801-238-7990, or library@email.utcourts.gov

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.

American Diabetes Association

Needs help with Step Out for Diabetes, a walk on September 26th, at Hogle Zoo. Food, Zoo admission and a t-shirt will be provided. Four hours of service would be helpful.

National Ability Center

Need volunteers to assist in helping individuals with disabilities doing activities, including alpine and cross-country skiing, cycling, horseback riding, and challenge course activities. Volunteer orientation is on the 3rd Wednesday of every month at 5:30. No experience needed, training will be provided.

Repertory Dance Theatre

Volunteers needed for Dance Performances and Dance School. Tasks include: assist with lobby displays, write a special interest article for local or national publication, help with registrations, staff boutique table, arrange group backstage tours and studio rehearsals, as well as set up and break down chairs. Volunteers must be at least 16 years old.

Salt Lake County Aging Services - Bridges Volunteer Program

Adults, age 45 or older, tutor children who are struggling with reading, spelling, math, and writing in neighborhood schools.

Upcoming Community Events

(Salt Lake Area Unless Otherwise Noted)

September

- 11-13 Adopt for Life Pet Super Adoption, [No More Homeless Pets](#), 389 W 1830 S, 801-364-0370
18 LeaderLuncheon, [YWCA](#), Grand America Hotel, 801-537-8619
19 Hunger Action Month Food Drive, [Utah Food Bank](#), Any Smith's location statewide
21-10/2 Canstruction, [Utah Food Bank](#), Salt Lake Public Library, 210 E. 400 S
24 Drive Out Racism Golf Tournament, [Inclusion Center](#), Thanksgiving Point Golf Course, 801-832-3260
26 27th Annual Harvest Moon Benefit Auction, [Splore](#), Utah Museum of Fine Arts, 801.484.4128
29-30 Face of Hunger in Utah Annual Conference, [Utah Food Bank](#), Sheraton City Center, 801-887-1230
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