

# What's Up?

## Information on Health and Human Services in Utah

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**October 2009**

**www.211ut.org**

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### Upcoming Grant Writing Workshop

The City of South Jordan and Grant Writing USA are pleased to present a two-day grant writing workshop in South Jordan, December 11-12, 2009. This training is ideal for government agencies, first responders, law enforcement, non-profits, or any organization seeking additional revenue through the grant writing process.

For more information including venue location and maps, and instant, online enrollment, please visit:  
<http://grantwritingusa.com/events/write/uril1009.html>

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### Holiday Assistance

The holidays are quickly approaching, and 2-1-1 is gathering information on holiday-related assistance programs in the area. Please call 2-1-1 for more information.

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### Ask a Foster Parent Night with the Utah Foster Care Foundation

Learn how to make a difference in the life of a child by providing a safe and loving home. Utah Foster Care Foundation conducts Ask a Foster Parent Nights to answer questions and provide an overview of the process involved in becoming a foster/adoptive family. Ask a Foster Parent Night includes information about the foster care system, steps on how to become a foster/adoptive family, the chance to meet a current Utah foster parent who can share his/her experiences, an opportunity to ask questions, and information on other ways to get involved.

**Salt Lake Area:** Second Tuesday of every month (excluding holidays), 6 -7:30 pm  
Utah Foster Care Foundation Corporate Office, 5296 S Commerce Dr (Murray)

**Tooele County:** Wednesday, October 14<sup>th</sup>, 6 -7:30 pm  
Tooele City Library, 128 W Vine St, Tooele

For more information, visit [www.utahfostercare.org](http://www.utahfostercare.org)

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## **Salt Lake County Aging Services**

Providing options and opportunities for Salt Lake County's older population

As the local Area Agency on Aging (AAA), Salt Lake County Aging Services provides a comprehensive system of services that foster independence for the county's older adult population.

There is no such thing as a typical older person. Their situations and their lives are very diverse. While many seniors are healthy and active, remaining in the workforce, volunteering in their community, or enjoying their friends and families, others are frail and struggle to remain in their own homes. Aging Services will assess each situation and provide information and assistance to older adults, their families, and their caregivers.

### **SERVING SENIORS – A TWO-TIERED SERVICE MODEL**

Aging Services provides programs that promote and enhance the health and wellbeing of active seniors and provide support and assistance to frail individuals to help them remain in the community living independent lives with dignity.

#### **1. ACTIVE SENIORS**

These programs support and maintain the relatively healthy and active senior population. These services help delay the need for more intensive types of assistance. Examples include individual assessments, nutritious noon meals at local Senior Centers, classes, workshops, and other activities that encourage health and personal growth, volunteer and employment opportunities, and legal services.

#### **2. FRAIL SENIORS**

These programs provide assistance to seniors who need additional help to continue living in their homes. These include but are not limited to programs such as meals on wheels, chore services, transportation to medical and other critical appointments, respite, support, coaching and training for caregivers of the frail elderly, and also an array of services to help frail adults continue to live at home including case management, homemakers, home health aides, and personal care assistance.

In addition, Aging Services' Ombudsman Program investigates complaints and advocates for residents of nursing homes and assisted living facilities.

### **VOLUNTEER OPPORTUNITIES**

Aging Services has a wide variety of opportunities for individuals – both young and old – who wish to share their time, talents, and experience with others in the community. Among other things volunteers can assist the frail elderly, make the community a better place help seniors get the meals they need, teach a class at a senior center, be a mentor to children struggling in school, teach healthy behaviors, help seniors with insurance benefits, provide companionship, help children with special needs, and provide respite care.

If you or someone you know **needs help**, call 801-468-2480

If you or someone you know **wants to help**, call 801-468-2527

For more information, visit [www.aging.slco.org](http://www.aging.slco.org)

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## **ABLE Program (Adapta-Bilities from Learning Environments)**

Children with Special Health Care Needs, Utah Department of Health

Able promotes a self-help model that serves school-age children and their families with special health care needs, who have not had success with typical forms of intervention. ABLE supports parents solving problems themselves with participation in family-centered community partnerships such as with schools, medical homes and mental health systems. Families can then focus on building positive child/family, and cultural/community exchanges in responsive and contingent ways that foster new opportunities and achievements. A team encourages multiple views of the problem drawing on existing strengths and resources. ABLE believes this community self-help model will assist families accessing services earlier and finding proactive solutions.

For more information, visit [www.health.utah.gov/able](http://www.health.utah.gov/able) or call 801-584-8552

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## Kids in Care Job Search Support Fund

Child Care Resource & Referral ~ Metro

The goal of the Kids in Care Job Search Support Fund is to ensure that recently unemployed parents have access to regulated child care at no cost to the parents while they engage in formal job search activities.

The program reimburses regulated child care providers for caring for children while parents engage in formal job search activities. The Kids in Care program is for recently unemployed parents in Salt Lake and Tooele counties. Parents need to meet specified financial eligibility requirements based upon federal regulations. Providers can be reimbursed for up to 100 hours of 'drop in' child care for each Kid in Care family they provide care for.

For more information, call or email Sarah Hansen, 801-326-4374, [sarah@cssutah.org](mailto:sarah@cssutah.org)

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## Vital Aging Project

A Salt Lake County and Valley Mental Health Initiative Promoting Senior Wellness

The Vital Aging Project Offers:

- Educational and informational classes to meet the unique needs and individual challenges that face seniors.
- Assistance to seniors in their work towards refinement of a sense of well being.
- Ideas to promote creative adaptation to aging.
- Confidential consults to seniors and their families.

Services are provided by the Masters Program Clinically Licensed Staff. Weekly classes are available at the following Senior Centers: Friendly Neighborhood (801-468-2781), Mt. Olympus (801-274-1710), Sandy (801-561-3265), Taylorsville (801-293-8340), Tenth East (801-538-2084), West Jordan (801-561-7320), and Westside (801-538-2092). Everyone is welcome - please contact the Senior Center offices for dates and topics.

For further information, contact Rhonda at 801-273-4096

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## 20<sup>th</sup> Annual Navajo Rug Sale



The Navajo Rug Sale is the annual fund raiser for the Adopt-A- Native Elder Program (ANE), a non-profit humanitarian organization. All proceeds from the sale of rugs go directly to the weaver for purchase of food and firewood for their families and homes. The goal of this year's rug show is to bring awareness of the living conditions and needs of the Elders on the Navajo Reservation, and on how important the sale of a rug is to an Elder. Many of the Elders have been weaving for more than 40 years and they support themselves by selling their rugs.

**When:** November 6-8. Friday, 6 pm – 8 pm: Special Event (private preview and sale and live auction featuring rugs from ANE's private collection). Admission: Adults \$30, children under 12, \$10. Saturday and Sunday, 10 am – 6 pm: Sale of rugs, jewelry, and crafts, weaving demonstration, and special events. Admission: \$5 and/or canned food donation.

**Where:** Snow Park Lodge at Deer Valley, Park City

For more information, visit [www.anelder.org](http://www.anelder.org)

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## Summer of Service a Great Success!

Youth were busy volunteering their time in the community this summer. More youth participated in Summer of Service projects than ever before—nearly 200! Volunteer projects included sorting food, helping at the West Jordan Humanitarian Service Center, teaching Lacrosse at Neighborhood House, organizing a community seminar, and serving at the library. A recognition night was held where youth and their families enjoyed emceeding from Radio Disney, food, and prizes. Each participant was given a certificate in appreciation of their efforts. It's not too early to commit to participating next year. Youth ages 5-17 can start brainstorming now for fun ways to serve and encourage their friends to join along.

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## Upcoming Free Legal Classes from the Utah State Law Library

- **Small Claims Basics**  
Thursday, October 8<sup>th</sup>, 4:30 - 6:30 pm
- **Resources for People Representing Themselves in Utah's State Courts**  
Friday, October 9<sup>th</sup>, 3:30 - 4:30 p.m.
- **Guardianship of an Adult Basics**  
Thursday, October 15<sup>th</sup>, 4:30 - 6:30 p.m.
- **Landlord-Tenant Basics**  
Thursday, October 22<sup>nd</sup>, 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](mailto:library@email.utcourts.gov)

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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).

### Capitol Preservation Board

Become a docent at the Utah State Capitol! Docents needed every other week for four hours. Training workshops will take place Oct. 15th & 22nd from 6:00 PM - 8:00 PM

### English Skills Learning Center

Provide individualized English instruction to adult refugees and immigrants. The students speak little or no English, and often are not literate in any language. Volunteer tutors are trained and supervised to teach students twice a week. Instruction is provided at times and locations that are convenient for both the tutor and the student. Upcoming trainings will be held November 3<sup>rd</sup>, 5<sup>th</sup>, 10<sup>th</sup>, and 12<sup>th</sup> (Tuesdays and Thursdays), 6-9 pm; January 23<sup>rd</sup> and 30<sup>th</sup> (Saturdays), 9 am – 4 pm.

### Legacy Village of Taylorsville

Opportunity available for interacting with residents while assisting with fun activities or provide senior companionship. Activities include cooking classes, bingo, arts and crafts, games, physical activities, outings, and parties. Volunteers could also read to a senior, play games, attend activities, and take residents for walks or strolls in their wheelchair.

### Salt Lake Donated Dental Services

Volunteer dentists, dental assistants and hygienists needed to assist with patient care.

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## Upcoming Community Events

(Salt Lake Area Unless Otherwise Noted)

### October

**October is National Disability Awareness Month! Please visit [www.workabilityutah.org](http://www.workabilityutah.org) for related events.**

- 7 [Osher Lifelong Learning Institute](#): *The Great Salt Lake: Utah Tourism and Recreation*
  - 10 Midvale City Health Fair, 8446 Harrison St, 801-566-6190
  - 10 Ride for the Children; This is the Place Heritage Park, [World Peace Parents Foundation](#)
  - 17 Candlelighters Walk of Hope/5 K Race; Liberty Park, [www.childhoodcancer.org](http://www.childhoodcancer.org)
  - 17 Celebration of Life Gala; Grand America, [CareSource](#), 801 266-7200,
  - 21 [Osher Lifelong Learning Institute](#): *Ruling from the Harem: Concubines, Queen Mothers and the Ottoman Empire, 1526-1631*
  - 28 [Osher Lifelong Learning Institute](#): *Costume Design*
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