

What's Up?

Information on Health and Human Services in Utah

★ Brought to you by 2-1-1 Information and Referral ★

December 2009

www.211ut.org

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West Valley Community Center Classes

The West Valley Community Center, located at 3818 West 4700 South, directly behind Life Church, will be offering free ESL and Computer Classes (must speak English for the Computer Class). Courses begin January 6, 2010. There is no fee, and registration is not required. Classes begin at 5 pm. For additional information, contact Michaela at 801-688-4543 or at MSanders@lifechurchutah.com.

The West Valley Community Center also offers an After School Program up to age 12, Tuesdays and Thursdays. For additional information, contact Kenny at 801-654-0446.

"What Does Health Care Reform Mean to Older Utahns?"

AARP Utah is presenting information on the current status of health care reform legislation with topics including:

- Eliminating waste and strengthening Medicare
- Closing the "doughnut hole" in Medicare Part D
- Providing affordable coverage for all ages 50 to 64
- Protecting access to those with pre-existing conditions
- Reducing age discrimination in premium rates

Open to the Public

When: December 15th, 10 – 11 am

Where: Mt. Olympus Senior Center, 1635 East Murray Holladay Road



UTAH FOOD BANK

Utah Refugee Global Artisans

Global Artisans was formed to give refugee artisans in the Salt Lake Valley a way to supplement their meager household incomes. By selling their wares to the public, refugees are better able to pay their utility bills, buy winter clothing, and pay their rent. In addition, the jewelry, clothing and other items these craftspeople create are truly unique and very, very cool. Below are the dates and locations these wonderful holiday gifts can be purchased:

Thursday, December 10th, 6:30 - 7:30 pm (Human Rights Day Celebration Reception)
Salt Lake City County Building, 451 South State

Fridays, December 11th & 18th, 11 am - 2 pm
Salt Lake County Offices, 2001 South State Street, South Building Cafeteria

Monday, December 14th, 11 am - 2 pm
DWS Admin North, 300 South 140 East, Main entrance

Use Your Holiday Internet Searching and Shopping to Help your Favorite Cause

There's an easy way to raise money for your favorite cause, including the Utah Food Bank and many agencies in the 2-1-1 network. Just start using Yahoo! powered GoodSearch.com as your search engine and they will donate about a penny to your favorite cause every time you do a search! You can even check to see how much your organization has earned each month.

In addition, do all of your shopping through their online shopping mall, GoodShop.com, where you can shop at more than 900 top online retailers and a percentage of your purchases will go to the charity or school of your choice. You pay the same price as you normally would, but a donation goes to your cause!

Select your favorite charity at <http://www.goodsearch.com>, and visit Goodsearch each time you need to find something online.

Reminder - Becoming an Effective Social Security Representative Payee Training

Being an Effective Representative Payee and Utilizing Work Incentives is training for those who are a Representative Payee for someone aged 16-64 on Social Security Disability or SSI.

Attendees will learn more about responsibilities, resources, Social Security, and work incentives.

When: February 10, 2010, 9:00 am to 4:00 pm (lunch will be served).
For more information or to RSVP: 801-887-9529, or toll free (887) 246-9675

Space is limited, register today.

People Helping People Program Overview

People Helping People is a successful employment program dedicated to reducing the number of children living in poverty by helping low-income women, primarily single moms, build better futures for themselves and their children through long-term successful employment!

Informational sessions about People Helping People's programs will take place at 205 North 400 West (North Entrance) on the following days:

Saturday, December 5th, 8:45 am – 12:30 pm
Tuesday, December 15th, 5:30 – 7 pm
Saturday, December 19th, 8:45 am – 12:30 pm
Tuesday, December 22nd, 5:30 – 7 pm

Self Reliance of Utah

Self Reliance of Utah provides one-on-one, ongoing support to adults with mild to moderate cognitive delays. The program works with each member to set up a plan based on needs and abilities so he or she can reach set goals and develop life skills along the way. The different learning programs include Community Skills, Independent Living Skills, Financial Skills, and Employment Skills. Participation in these programs along with ongoing support and guidance helps members build a strong social network and live as self sufficiently as possible.

For more information, call 801-262-4979 or email selfrelianceofutah@gmail.com.

Osher Lifelong Learning Institute

Registration is now open for Osher at the U of U, which provides educational and social activities for adults 50 and over. Choose from dozens of subjects including; Caregiving for Older Adults, A User's Guide to Aging, Singing for Health, Tai Chi, and Yoga. Winter classes start January 11, 2010. Call 801-585-5442 or visit www.osher.utah.edu for more information.

Holiday Donation Opportunities

Splore



This holiday season, make a donation to Splore in the name of a friend or loved one, and provide opportunities for children with disabilities to experience the empowerment and challenge of rock climbing! The tax-deductible donation provides a child with a harness, helmet, rock shoes, and life-changing opportunities. Donations are accepted in the following amounts; \$100, which will purchase the complete package of harness, helmet and shoes, or \$75, \$50, or \$25 which will go toward purchasing parts of the package. Contact Splore at 801-484-4128 or

info@splore.org. Information about Splore can be found at www.splore.org.

Candy Cane Corner

Candy Cane Corner is an empowering holiday assistance program for families being served by The Road Home, YWCA, and Volunteers of America, Utah. Parents hand-select new gifts for their children and wrap the items. This process gives clients a sense of empowerment and dignity. Donations of new, unwrapped gifts for all ages can be delivered directly to the Candy Cane Corner Holiday Store location 330 East 400 South, Monday-Friday Noon-7 pm or Saturday and Sunday Noon-5 pm For donation suggestions, please see the [Candy Cane Corner needs list](#).

Upcoming Free Legal Classes from the Utah State Law Library

- **Collecting a Judgment Basics**
Thursday, 12/10, 4:30-6:30 pm
Topics include identifying a debtor's property, writs of garnishment and execution, exemptions and satisfaction of judgment in civil and criminal cases.
- **Resources for People Representing Themselves in Utah's State Courts**
Friday, 12/11, 3:30-4:30 pm
Introduces the resources available for people representing themselves in court, including how to find an attorney, legal clinics, forms, the Online Court Assistance Program and other resources. The presentation will be followed by a tour of the Utah State Law Library introducing the print and electronic resources available.

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

To recruit volunteers to your agency, visit <http://volunteer.united-e-way.org/ufb2iar/agency/>. The recruiting tools will allow you to post opportunities, note requirements, and allow volunteers to search by categories of interest. If you have any questions, contact Hillary Sorensen, volunteer center coordinator, at hillarys@utahfoodbank.org.

If you would like to volunteer for the opportunities below, or for additional opportunities, please call 2-1-1 or visit www.211ut.org.

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 January 23rd and 30th (Saturdays), 9 am – 4 pm.

Kostopulos Dream Foundation

Camp K Christmas Party for Teens With Disabilities –Dec. 18, 7-9 pm

The evening will consist of craft making, singing Christmas carols, eating lots of tasty food, & creating garlands for the tree. It is always one of Camp K's biggest parties so be sure to sign up early! Volunteers are expected to socialize & interact with our teen guests who have a variety of cognitive & physical disabilities as they participate in the festivities.

No More Homeless Pets (NMHP)

Currently looking for volunteers to acquire items for the 3rd Annual Canine Casino silent auction, which will take place June 12, 2010. Silent auction volunteers will be responsible for contacting businesses to solicit donations to the auction. NMHP is looking for people who: have outgoing personalities, have excellent communication skills, consistently meet deadlines and are goal-driven, will check in via email and phone on a regular basis, can commit to volunteering an average of 4 hours a week from January until May, with the busiest time being January through March, and can attend a No More Homeless Pets orientation session to gain a better understanding the NMHP organization and mission (if not previously done).

Tracy Aviary

Volunteer assistance is needed in order to gain valuable knowledge about the Aviary's birds. Volunteers will be trained in observation techniques and protocol, and will work closely with a keeper. Time slots are available Monday - Friday from 9:00 am- noon. Must be 18 years of age or older and attend a training. Volunteers also needed to care for the landscape at the Aviary. During the winter, the team meets the third Sunday of each month, from 9:00 am - noon.

VITA Volunteers Needed

2-1-1 Information and Referral

Volunteer Income Tax Assistance (VITA) Call Specialists are needed for the purpose of helping answer calls and setting appointments for people seeking tax assistance. Volunteer opportunities are available from January 15th – February 28th, and April 1st – April 15th, Monday – Thursday, 4-8pm. Minimum commitment: 4 hours per week. Please call 2-1-1.

VITA

VITA needs volunteers now more than ever due to the economic downturn and the impact it's had on Utah's families. Help fight Utah's recession by bringing federal money back into Utah's economy. Taxes are MUCH easier than you think! You will increase your level of knowledge about taxes and help people all at the same time. Providing free tax help is an opportunity to give back to your community and instantly see the impact of your service. If you don't want to do taxes, there are many ways to be a part of the Earn it. Keep it. Save it. Coalition and the VITA Program. Please call 2-1-1.

Upcoming Community Events

(Salt Lake Area Unless Otherwise Noted)

December

- 5 Alliance for Unity Holiday Food Drive: Utah Smith's locations and food pantries, www.utahfoodbank.org
11 [Road Home](#) Benefit Concert: 7:30 pm, Good Shepherd Lutheran Church (700 E 8575 S), \$10