

What's Up?

Information on Health and Human Services in Utah

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

January 2010

www.211ut.org

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19th Annual Chili Open Golf Classic of Utah

For the last eighteen years, the Rotary Club of Sugar House has presented the Utah Chili Open and Golf Classic, raising money for local charities such as Splore, People Helping People, and the Cancer Wellness House. From \$36,000 raised in 1992, to \$317,000 raised in 2007, the amount raised by this event totals nearly \$3,500,000. Please join Honorary Chairman Frank Layden for one of Utah's premier charity events!

Enjoy an evening of fine dining at the Grand America Hotel on January 29th, or take to the links on the snowy fields of Wheeler Farm on January 30th...or both!! Involvement in the Utah Chili Open will help nine of Utah's local charities continue to provide an invaluable service to the community.

For registration or more information, visit www.utahchiliopen.org.

Salt Lake Habitat for Humanity ReStore

Salt Lake Valley Habitat for Humanity ReStore is a retail outlet where quality used and surplus building materials are donated by individuals, businesses, contractors, and other organizations who wish to show their support for Habitat. Products are then sold at below retail prices. Proceeds from ReStore help fund the Salt Lake Valley Habitat for Humanity mission of eliminating poverty housing within our community. Material donations to ReStore not only help assist in the building of a Habitat home but also reduce the amount of materials sent to the local landfill. ReStores keep over 950 tons of materials out of the landfill each year.

Hours: Tuesday - Saturday, 9 am - 6 pm. Closed Sunday, Monday, and major holidays

Location: 1276 South 500 West, Salt Lake City

For more information or to donate material to the ReStore contact Bill or Stephanie 801.263.0136 ext. 151 or email at restore@habitatsaltlake.com. Also visit www.habitatsaltlake.com/restore.php.



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“Curing the Holiday Debt Hangover”

Everyone is prone to budget mishaps during the holiday season. This AAA Fair Credit Foundation class will cover strategies for tackling holiday debts, tips to avoid overspending, and how to better plan for future holiday expenses. Register online at: http://www.faircredit.org/event_detail.asp?CSID=381.

Quarterly Volunteer Coordinators Meeting

When: Wednesday, January 13, 2010 11:30-1:30 pm
Lunch will be served. **Please RSVP.**

Where: Utah Food Bank
3150 S 900 W
South Salt Lake 84119

Who: All Volunteer Coordinators in Salt Lake, Davis, Summit and Tooele Counties

What:

- Guest Speaker - Stan Rosenzweig, Volunteer Manager, Greater Salt Lake Chapter of the American Red Cross
 - “How to effectively recruit and keep volunteers”
 - 2-1-1 Volunteer Center update
 - Give a Day. Get a Disney Day. Partnership of HandsOn Network and Disney.
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VITA (Volunteer Income Tax Assistance) Program

2-1-1 Information and Referral is a key partner in the VITA program. VITA assists low-income families and individuals by providing FREE tax preparation. Families or individuals who made \$49,000.00 or less in the 2009 tax year are eligible.

VITA volunteers are trained and certified to assist with basic returns. Assistance with itemized returns, small business (less than \$5000.00 income), and past returns (2006 or later) is also available.

If you or someone you know would like help with tax preparation, please call 2-1-1 after January 21st to schedule an appointment. If you would like to volunteer, please call 2-1-1 or visit www.211ut.org. Opportunities are also listed at www.utahtaxvolunteer.org.

Habitat for Humanity of Weber and Davis Counties Program Overview

Habitat for Humanity is a nonprofit organization that helps low-income families build, and then buy, their own homes at a no-profit price, with a no-interest loan, and affordable monthly payments. Habitat for Humanity of Weber and Davis Counties will be holding public information meetings for those interested in applying for a Habitat home during 2010.

Where: Davis County Library Auditorium, 155 North Wasatch Drive, Layton

When: Thursday, January 21st, 2010, 6:30 – 7:30 pm

For more information, including class listings in the Ogden area, call 801-475-9821 or visit www.weberdavisahabitat.org



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Graves' Disease Utah Support Group

This support group is available for people with Graves' disease and their family members. It provides a forum to share feelings, concerns, and information. It offers peer support and encouragement to patients seeking help on coping with their illness. Spouses and caregivers can derive a better understanding about how to help their loved one. It's a chance to meet new friends who share a common experience.

Meetings are held monthly, with various speakers who are specialists in the field.

Next meeting: January 20, 2010, 6:30

Where: Intermountain Medical Center, 5121 South Cottonwood, Doty Education Center

For more information regarding the support group, contact Kaye Lee at 801-259-7446 or kayeleeday@yahoo.com

For more information regarding the Graves' Disease Foundation, visit www.ngdf.org

New Leadership at the Utah Nonprofits Association (UNA)

On December 10th, the Utah Nonprofits Association, the umbrella membership association of nonprofit organizations, announced the appointment of Gwen Springmeyer as its new Executive Director. The Board of Directors introduced Gwen Springmeyer at their annual meeting and member holiday social. "As the organization striving for a stronger, more professional nonprofit community in Utah, UNA required a combination of vision, leadership and management expertise in its leader," said Fraser Nelson, the Association's Board Chair. "Gwen has just this combination. Her wealth of government and community experience will be valued assets in our ongoing efforts to strengthen the Utah nonprofit community."

Gwen Springmeyer joins the Utah Nonprofits Association with a 35-year background in human services and government administration. Her highly diversified career portfolio includes work with organizations serving the needs of many different constituencies. Gwen has worked or volunteered with a cross section of public and private sector entities to help people improve the quality of their lives.

Upcoming Free Legal Classes from the Utah State Law Library

- **Collecting a Judgment Basics**
Thursday, 1/14, 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.
- **Guardianship of an Adult Basics**
Thursday, 1/21, 4:30-6:30 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.
- **Landlord-Tenant Basics**
Thursday, 1/28, 4:30-6:30 pm
Basic rights and responsibilities of both landlords and tenants, as well as provide a description of the eviction process.

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.

Davis County Senior Services

Volunteers needed to assist the senior citizens of Davis County by being involved in the friendly visiting and telephone reassurance programs, one time and ongoing volunteer projects for yard clean ups and/or snow removal, and/or transportation for errands and medical appointments. Opportunities to work in long-term care facilities are also available and include instructing residents in fun activities and games. Also needed are professional repair services that will donate time to do repairs for lower income seniors, translating services, and/or bi-lingual volunteering. Youth group opportunities include but are not limited to teaching Wii games to seniors at local senior activity centers, painting outside of window frames and doors of local senior homes, window washing, mowing lawns, weeding or snow removal (one time opportunities and on-going opportunities available), and making gift cards for Meals On Wheels homebound seniors.

Davis County Senior Living Facilities Ombudsman

Volunteers needed to serve as an advocate to improve the quality of care and quality of life of nursing home and adult care facility residents in the Long Term Care Ombudsman Program. Certified Ombudsman not only visit residents and investigate and resolve complaints, but also use their skills to advocate for the rights of residents in nursing homes and other long term care facilities. The dual focus of quality of care and quality of life enables the volunteers to assure that residents are cared for appropriately. Volunteers serve as a voice for residents of nursing homes and assisted living centers. Certified Ombudsman are indispensable in ensuring that all facilities meet mandated, legal standards for every person requiring long term care.

Salt Lake County Martin Luther King Day of Service Project

Join Salt Lake County's Aging Services RSVP Programs & the Office of Volunteer Program Services on January 13th, 11 am – 2 pm for the 2nd Annual Dr. Martin Luther King Jr. National Day of Service winter scarf tying project, which helps to warm families and individuals served by area shelters and food pantries. No skills required, and the donation of time or materials would be welcome.

Upcoming Community Events

Salt Lake Area (unless otherwise noted)

January

- 18 Martin Luther King Jr Day of Service, 10 am, [Wasatch Community Gardens](#), 345 East 400 South
- 21 [United Way Legislative Preview Breakfast](#): 8 – 9:30 am, Hilton Hotel (255 S West Temple), registration required
- 29 [Chili Open](#) Dinner and Auction: 5:30 pm, Grand America Hotel, 555 South Main St, \$75/person
- 30 [Chili Open](#) Golf Classic: 9 am, Wheeler Farm, 6351 South 900 East \$20/adult, \$10 youth/child



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