

# What's Up?

## Information on Health and Human Services in Utah

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

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**February 2010**

**www.211ut.org**

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### Your Listening Ear Phone Talk Line

Utah Council of the Blind

Your Listening Ear is an interactive one-on-one phone talk line operated by blind or visually impaired volunteers. Blind or visually impaired individuals or their families can call for support in addressing their concerns and experiences with vision loss. When appropriate, volunteers refer callers to the Utah State Division of Services for the Blind and Visually Impaired to receive further evaluation and training, or to other local or national self-support organizations.

Your Listening Ear talk line is available between the hours of noon and 8 pm mountain time, Monday through Friday.

Call: 801-299-0670 (Salt Lake area), 1-800-273-4569 (out-of-area).

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### Osher Lifelong Learning Classes

University of Utah

The following classes are part of Osher's free Lunch and Learn series for people 50 and over. Call 801-585-5442 for more information. Classes are held at the Commander's House in Ft. Douglas

#### Swan Lake: The Evolution of Classical Ballet

Learn how classical ballet has changed in the past 200 years – specifically, Swan Lake. How did an outlandish fairy tale become a quintessential classical ballet? Presented by Adam Sklute, Artistic Director for Ballet West.

Date: Wed., February 10, 12 – 1 pm

#### Understanding & Overcoming Muscle Pain & Dysfunction

Chronic muscle pain can often be alleviated with targeted muscle therapy. Join us for this lecture from an expert in this field. The lecture includes an explanation of how muscles and fascia work and how trigger points, neurological tightness, and adhesions develop, cause pain, and can be eliminated.

Date: Wed., February 17, 2010, 12 – 1 pm

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## Have a Heart for Women Open House

Catholic Community Services (CCS)

Catholic Community Services' Women's Treatment Program is holding a Valentine's Day-themed open house to celebrate a new location. Cookies and punch will be served, tours will be offered, and CCS staff will be on hand to answer questions about the program.

When: Wednesday, February 10<sup>th</sup>, 4:30 to 6:00 pm

Where: 450 South 900 East

Information: [www.ccsutah.org](http://www.ccsutah.org)

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## Reminder: 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 to schedule an appointment.

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).

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## S.I.B.S DAY (Super Important Brothers and Sisters)

Family Support Services at Primary Children's Medical Center

Brothers and sisters, ages 5-17, who have a sibling with chronic medical conditions or disabilities are invited to attend S.I.B.S. DAY. The Family Support Services Department of Primary Children's Medical Center is sponsoring a workshop for well brothers and sisters 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.

When: Saturday, March 6<sup>th</sup>

Where: Primary Children's Medical Center

Tuition: \$5 per child, lunch will be provided.

Registration: Family Support Services at 801-662-3701 for registration form. Space is limited, and pre-registration is required. Please register before February 26th.

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## "Independent Transportation Options for Persons with Disabilities"

The Utah Assistive Technology Program (UATP) is offering a FREE online interactive training on presented by Steve Townsend from the Utah Center for Assistive Technology (UCAT).

Limited ability often means vehicle modifications are required for access and adapted driving. These adaptations are necessarily individualized to meet unique physical limitations and lifestyles. Vehicle modifications to cars, truck and vans will be shown and the pros, cons and custom applications of each will be discussed.

When: Wednesday, March 3rd; 3:00 – 4:30 p.m.

RSVP: Please RSVP by Monday, March 1st, to Lois Summers, [lois.summers@usu.edu](mailto:lois.summers@usu.edu), or 435-797-2025. Instructions for participation will be emailed. A computer with high-speed internet access is needed to participate.

For accommodations: Please contact Sachin Pavithran, 435-797-6572, or [sachin.pavithran@usu.edu](mailto:sachin.pavithran@usu.edu) no later than Friday, February 26th, to make arrangements.

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## Utah's 4<sup>th</sup> Annual Conference on Hispanic Health Care

Hispanic Health Care Task Force

The Utah Hispanic Health Care Task Force (HHCTF), a non-profit community-based organization whose aim is to advocate for social justice in health care for Utah's Hispanic community, will hold its Annual Conference on Health Disparities.

This year's conference theme is: Prevention, Awareness, Access and Advocacy, and will include an address by Dr. Pam Perlich regarding Utah's Hispanic Population Growth. Key note speaker will be guest of honor, Dr. Elena V. Rios, President and CEO of the National Hispanic Medical Association and President of the National Hispanic Health Foundation who represents Hispanic physicians in the United States. The Utah HHCTF is excited to host Dr. Rios who will bring a national perspective to how the health care reform debate will impact the Utah Hispanic community. Workshop themes will include such topics as Medicare/Medicaid, Chronic and Communicable Diseases, Cancer, Emergency Preparedness, Maternal/Child Health and Utah Health Disparities. All workshops will address the specific impact(s) on the Utah Hispanic community. This year's conference will also highlight the talent of health science students from throughout the state of Utah through poster presentations including premedical and medical student participation.

When: Thursday, March 11, 7:00 am – 4:30 pm.

Where: Salt Lake Community College Larry H. Miller Campus, 9750 South 300 West, Sandy

Individual Registration: \$40/person, \$50/person day of. A limited amount of community and student scholarships are available on a first come, first served basis. The cost of registration is tax deductible and includes breakfast, lunch and refreshments throughout the day.

Group Registration: \$300 which includes up to ten (10) registrations.

Exhibitor Tables: \$75 for non-profit organizations, \$100 for for-profit organizations.

Online registration: <https://spreadsheets.google.com/viewform?formkey=dFBTc1RIY0dBZ2o4bXh5UjIqdm9FRnc6MA>

Information: 801-942-4941

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## Free Kidney Screening

National Kidney Foundation of Utah and Idaho

If you, your parents, or your siblings have diabetes or high blood pressure, or if anyone in your family has kidney disease, you are at risk for kidney disease. The National Kidney Foundation of Utah & Idaho is offering free kidney screenings in March.

When: Thursday, March 11, 10:30 a.m. – 2:30 p.m.

Where: Utah Cultural Celebration Center, 1355 West 3100 South, West Valley City

To set an appointment: 1-800-869-5277

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

- **Collecting a Judgment Basics**  
Thursday, 2/11, 4:30-6:00 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**  
Friday, 2/12, 3:30-4:30 pm
- **Guardianship of a Minor Basics**  
Thursday, 2/18, 4:30-6:30 pm
- **Landlord-Tenant Basics**  
Thursday, 2/25, 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](mailto:library@email.utcourts.gov)

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## Nominate a Volunteer for One of the 2010 Utah Volunteer Service Awards

Organizations have the opportunity to honor their volunteers at the upcoming 2010 Conference on Service (April 6<sup>th</sup>). Nominations can be submitted for the Silver Bowl Award or one of the Utah Volunteer Service Awards.

Volunteer Service Award information and nomination form can be found at [www.volunteers.utah.gov](http://www.volunteers.utah.gov). Deadline for nomination is February 22<sup>nd</sup>. Information regarding the 2010 Conference on Service can be found at that website as well.

Silver Bowl Award information and nomination form can be found at [www.211ut.org](http://www.211ut.org), or by contacting Hillary Sorensen, [hillarys@utahfoodbank.org](mailto:hillarys@utahfoodbank.org). Deadline for nomination is February 26<sup>th</sup>.

## 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](mailto: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](http://www.211ut.org).

### National Kidney Foundation of Utah and Idaho

Volunteers are needed to help with a FREE Kidney Screening, which will be held Thursday, March 11, 2010 at the Utah Cultural Celebration Center, West Valley City, UT. Volunteers will be needed from 10:00 a.m. to about 3:00 p.m. The following volunteers are needed: General volunteers to help with registration, filling out paperwork, and other general duties; medical assistants or technicians to help with the centrifuge, the urinalysis machine and take vitals; nurses, and phlebotomists.

### Red Butte Garden

Red Butte Garden is welcoming volunteers to assist in the care of breathtaking gardens, conservation of endangered plants throughout the state, and the education of children and adults about the wonders of nature. If you are passionate about our natural world, join in our mission to learn, protect, educate, and enjoy the beauties of the outdoors.

### Salt Lake County Aging Services

Volunteers play an important role in the Senior Transportation Program, which helps seniors by providing rides to and from life-sustaining and essential destinations such as dialysis, chemotherapy and radiation treatments as well as prescription pick-ups among other things. In fact, in 2009, the program had a total of 63 volunteer drivers who helped older adults who otherwise would have no means of reaching their medical appointments. These volunteers accounted for 11,414 rides, or nearly 24% of the total rides provided by the program as a whole. And while that's impressive, the need for this service keeps increasing. With the recent budget shortfalls occurring at all levels of Government, volunteers are emerging as champions in the delivery of critical services to seniors. If you have some extra time and would like to help, the Senior Transportation Program wants to hear from you!

## Upcoming Community Events

Salt Lake Area (unless otherwise noted)

### February

17 Graves' Disease Support Group; 6:30 pm, Intermountain Medical Center, 5121 S Cottonwood, 801-259-7446  
20 [Intermountain Healing Hearts](#) Benefit, 1 – 4 pm, Utah Olympic Oval, 5662 S 4800 W, \$10/person

### March

11 [Volunteers of America](#) Annual Founder's Day Breakfast; 8 am, Little America Hotel, 801-363-9414 ext. 104  
13 [Big Brothers Big Sisters](#) Bowl for Kid's Sake, 12 – 5 pm, All Star Lanes Bowling, 1776 W 7800 S, 801-743-1673



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