

What's Up?

Information on Health and Human Services in Utah

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www.211ut.org

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2-1-1 Information and Referral Online

All of the state and community resources you can access by calling 2-1-1 are now available for you to browse on our [Searchable Resource Database](#). Whether you need to quickly look up the phone number of your local food pantry, or if you have general questions about resources anywhere in the state of Utah, you can now look them up at any time, online.

You can access the Searchable Resource Database anytime under the "Find Help" tab at www.211ut.org.

Kids in the Kitchen



The Junior League of Salt Lake City and professional chef, author and Food Network personality George Stella present the second annual *Kids in the Kitchen* on Saturday, April 24, 2010 on the Junior Achievement floor of the Discovery Gateway Children's Museum.

A project of the Association of Junior Leagues International, *Kids in the Kitchen* engages kids in the preparation of healthy meals and educates them – and their parents – on ways to make nutrition fun. Recipes drawn from *Junior Leagues In the Kitchen with Kids – Everyday Recipes and Activities for Healthy Living*, the exclusive *Kids in the Kitchen* cookbook, is part of the initiative to empower youth to make healthy lifestyle choices and to develop healthy eating habits by making good, fresh food choices.

Starting at 10 a.m., elementary-age students can visit booths and participate in activities geared towards healthy eating. George Stella will teach participants how to make fruit kabobs and will host an Iron Chef Kids Challenge at 1 p.m. with two teams of six students chosen that day.

A panel discussion on childhood obesity will immediately follow the event at 2:30 p.m. Panel participants will include local doctors, nutritionists, school district representatives and George Stella.

The *Kids in the Kitchen* event is free, and open to guests accompanied by an elementary-aged child.

The Junior League of Salt Lake City, Inc. is an organization of women committed to promoting volunteerism, developing the potential of women and improving communities through the effective action, education and leadership of trained volunteers.

For more information about Junior League of Salt Lake City, visit www.jlslc.org.



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Financial Sustainability Seminars

The Park City Foundation, the Community Foundation of Utah, the Utah Nonprofits Association, and sponsors GE Capital Financial and the Utah Association of Financial Services are offering a very affordable series of trainings on fiscal sustainability for non-profit organizations. Space is limited!

The three-part series costs \$25 for one person and \$40 for two, and will be held in April, May and June. Each seminar builds on the previous material, and gives participants a practical and strategic approach to fiscal sustainability. This is a perfect series for an organization's board as well.

Where: Park City Library, Room 201
When: Wednesdays, 9:00 - 11:00 am

April 14th: Cash, Controls and Consistency: How to manage your books, build savings and better understand your finances.
May 12th: Securing Support through Fiscal Sustainability.
June 9th: The Ultimate Goal: Endowments (For those of you considering an endowment with the Community Foundation this will help answer all your questions).

For more information, contact Katie Wright at katie@theparkcityfoundation.org or 435-214- 2147.

To register for the three-part series, visit [Utah Nonprofits Association](#)

Salt Lake County Lead Safe Housing Program



Our children are our most treasured possessions. Of course we would do anything to keep them safe, but we might not be able to see all the dangers that could harm them. There is a possibility of lead-based paint hazards if the home they live in was built before 1978. Lead based paint had long been valued because it looked good, dried fast, and resisted moisture. But what is good for the walls of a house isn't necessarily good for the people living within them. Children (especially under the age of 6) with elevated levels of lead in their bloodstream are susceptible to some frightening problems. Because their developing little bodies absorb more lead than an adult, they are at higher risk of damage to the brain and nervous system; behavioral and learning problems, including hyperactivity, kidney damage, slowed growth, and hearing problems. Childhood lead poisoning remains a major environmental health problem... and yet it is entirely preventable.

The most common way for lead to enter a child's body is through dust. Lead dust comes from deteriorating lead-based paint and from activities that disturb lead-based paint, as well as from lead-contaminated soil that is tracked into homes. This dust can accumulate to unsafe levels. Normal hand-to-mouth activities, like playing and eating, move contaminated dust from surfaces like floors and windowsills into the body.

Salt Lake County's Lead Safe Housing Program helps qualifying households to make their homes lead safe at no charge to the homeowner.

If you can answer yes to these questions, you may qualify for free services:
Are you at or below the median income?
Was your home built before 1978?
Do you have a child under the age of six that lives in or frequently visits your home?

Household Size and Median Income				
1	2	3	4	5
38,000	43,400	48,850	54,250	\$58,600

Free Services may include lead testing of your home, blood testing for your child, window replacement, and paint repair.

For more information or to receive an application, call 801-468-3169 or email masmith@slco.org



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Upcoming Utah Victim Assistance Academy

The upcoming Utah Victim Assistance Academy (UVAA) is a five-day course designed to support efforts to improve comprehensive, academically-based, fundamental education for victim assistance providers, criminal justice personnel, law enforcement, and allied professionals.

The purpose of the UVAA is to

- Provide state-of-the-art training focused on the needs of crime victims.
- Create a comprehensive training from first response to completion of the criminal justice system.
- Preserve crime victim rights as provided by the Utah State Constitution and Utah State Code.
- Enhance networking resources.
- Prevent burnout experienced by victim service providers.

When: Monday, June 14 to Friday June 18. Application deadline May 28th

Where: Weber State University, Ogden, Utah

Tuition: \$300, which includes tuition, training materials, overnight lodging and meals

For application or additional information visit www.crimevictim.utah.gov or call 801-297-2627

Organization Highlight: Friends-In-Need Animal Rescue

Friends-In-Need is a non-profit organization formed to help fight the overpopulation of some of our best friends, domestic dogs and cats. Friends-In-Need educates pet guardians on the proper care, treatment, and training of these companions, as well as emphasizes the need for spay or neuter surgery for dogs and cats. Ultimately they hope to do their part to put an end to the euthanasia of healthy, loving companions who could have had the opportunity to be part of a caring home.

Friends-In-Need works with other rescue organizations and with shelters in order to save the abused, abandoned, and neglected furry friends who have been tossed aside as nothing more than a commodity. The animals are provided trained foster and care centers until they can be placed into permanent homes.

Friends-In-Need promotes the spaying or neutering of companion animals and offers assistance locating low cost veterinarians. Discount training and help with any behavioral problems is offered to adoptive families to help make any transitions as easy as possible for everyone.

For more information, visit www.friends-in-need.org.

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

Living Together Along the Shores of The Great Salt Lake

Wed., April 14, 2010, 12:00 PM – 1:00 PM

The Great Salt Lake is a hemispherically important ecosystem for millions of migratory birds. At the same time, it generates millions of economic dollars for the State of Utah through the development of its resources. The pressures on this complex saline system, located next to a growing metropolitan population predicted to surpass 5 million people by 2050, are enormous and its sustainability is at risk. Come learn more about the lake and the work that FRIENDS of Great Salt Lake is doing to preserve and protect it.

"I Ain't the Indian You Were Expecting"

Wed., April 21, 2010, 12:00 PM – 1:00 PM

Take a journey from "shedding oppression" to walking in both worlds. We will examine who is an American and whose stories get told/recorded and why. Topic will include dismantling the stereotypes/myths of American Indians in school curriculum.

Love and Chaos

Wed., April 21, 2010, 12:00 PM – 1:00 PM

Some ancient cultures believed that when love is withdrawn, chaos fills the void. Love and chaos are polar opposites. This very simple assertion calls for examination of past and current history, our lives, and our societies. Humankind has struggled to either love or to hate, but seldom if ever both on the same issue at the same time; both take energy, time and resources. People have not, but for brief periods in any civilization, enjoyed peace without chaos eventually destroying the culture. Was it for lack of love? What is the relationship between love and chaos? Why do they exist? On the premise that humans prefer peace despite the continuum of war can they engineer peace through love? What's in it for us and the world?

Upcoming Free Legal Classes from the Utah State Law Library

- **Resources for People Representing Themselves**
Friday, 4/9, 3:30-4:30 pm
- **Guardianship of a Minor Basics**
Thursday, 4/15, 4:30-6:30 pm
- **Landlord-Tenant Basics**
Thursday, 4/22, 4:30-6:30 pm
Basic rights and responsibilities of both landlords and tenants, as well as provide a description of the eviction process.
- **Small Claims Basics**
Thursday, 5/6, 4:30-6:00 pm

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 Amy Bosworth, Volunteer Center Coordinator, at amyb@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.

Head Start – Salt Lake CAP

Classroom volunteers needed to help children explore the world of art, music, science, dramatic play, outdoors, blocks and more. Times and schedules vary with 70 sites to choose from. Your time and knowledge could help shape a child's life.

Salt Lake City Arts Council

We invite enthusiastic and responsible folks to join our volunteer team for the 25th annual Living Traditions Festival, a celebration of Salt Lake's Folk and Ethnic Arts. Volunteer shifts available May 19 – 24 in three-hour shifts. Come celebrate!

TOSH – The Orthopedic Specialty Hospital

Friendly gift shop volunteers needed at newly remodeled TOSH. Weekly commitment required for six months, 4-hour shift, weekdays 9a.m. -1p.m. and 1p.m. – 5p.m. Other opportunities available with Surgery Waiting and Lobby Information.

Upcoming Community Events

Salt Lake Area (unless otherwise noted)

April

- 21 Graves' Disease Support Group; 6:30 pm, Intermountain Medical Center, 5121 S Cottonwood, 801-259-7446
24 [Fourth Street Clinic Triathlon](#); University of Utah Campus, check in and registration 7 am, race begins at 9 am
30 YWCA [Stand Against Racism](#); for details call 801-537-8620 or email mpettingill@ywca.com

May

- 1 [Opportunity Fund for Developing Countries](#) Mama's Day; 6 pm, 6876 S Highland Dr, 801-836-7265
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