

What's Up?

Information on Health and Human Services in Utah

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May 2010

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2nd Annual YWCA Young Women's Leadership Summit

For women 18 and older

As part of the YWCA's mission to "empower women and eliminate racism," the Young Women's Leadership Summit is designed to inspire, educate and empower young women ages 18-30 to develop leadership qualities early. During this half-day summit, attendees will learn from community leaders and participate in networking activities. The theme will be *Networking for positive Change: Leadership, Advocacy, and Influence* with keynote speaker Chris Redgrave, Chair of the Salt Lake Chamber "Can-Do" Coalition.

When: Thursday, May 20th, 2-5 pm (reception immediately following)

Where: Westminster College, Bill and Vieve Gore School of Business, 1840 South 1300 East

Cost: \$5 for YWCA members, \$20 for students, \$40 for non-members

For more information: Mike at 801-537-8619 or mvaranakis@ywca.com

Registration (by May 17th): <http://www.ywca.org/site/pp.asp?c=gLLUJgP9H&b=5050369>

Business casual attire is preferred

Free Skin Cancer Screening

Huntsman Cancer Institute

- Free full-body skin exam for people age 18 and older
- Referral to dermatologist if needed
- Spanish translators available

High Risk Groups:

- People who work or play outdoors such as construction workers, mail carriers, lifeguards, golfers, skiers, hikers, cyclists...
- Tanning bed users
- Men in their fifties or sixties
- Fair-skinned people who freckle or burn easily
- People with skin "spots" that have recently appeared, grown, or changed

When: May 22nd

Where: Huntsman Cancer Institute, University of Utah

To make an appointment, call 1-888-424-2100 (maximum 2 appointments per caller please)



UTAH FOOD BANK

HEAT Deadline Extended

The Utah Division of Housing and Community Development will extend the Home Energy Assistance Target Program (HEAT) application deadline until May 31 or until all funds are expended. Utah has received approximately \$25.4 million in HEAT funds to assist eligible low-income households in meeting their immediate home heating and cooling needs in 2009-2010 heating season.

"In these difficult economic times, we recognize that many Utahns are having difficulty paying for basic needs," said Utah Division of Housing and Community Development director Gordon Walker. "High utility bills overwhelm low-income households as they pay a higher share of their income for home energy than other households. These funds will help us reduce this burden for thousands of hard-working low-income households across the State."

The HEAT program is administered by the State Energy Assistance and Lifeline office through a statewide network of local community-based organizations. The funding has enabled the HEAT program to assist approximately 37,901 low-income Utah households with their utility bills this winter. "Extending our application deadline will allow us to help another 11,000 households statewide," said State Energy Assistance and Lifeline manager Sherman Roquero. The average benefit amount is around \$500 per household per year.

The HEAT program helps households with incomes at or below 150 percent of the federal poverty level pay their utility bills and respond to energy-related crises, as well as provide no-cost weatherization services such as attic insulation, weather-stripping, and minor housing repairs. That equates to an income of \$2757 a month for a family of four. Priority for HEAT assistance is given to households with the highest energy burden in relationship to household income while taking into consideration vulnerable populations such as the elderly, disabled and families with young children.

Utahns are encouraged to visit our website at <http://housing.utah.gov/seal/offices.html> to find their county's contact information, or to dial 2-1-1.

Health Clinics of Utah

Health Clinics of Utah accept **most** insurances including Medicaid, Medicare, CHIP and Primary Care Network (PCN). Clients without insurance coverage can also be seen at Medicaid rates based on an agreement with 2-1-1. Payment is due at time of service by cash.

In house Medical Specialties include:

- Family practice
- ENT
- Dermatology
- Internal medicine
- Mental health
- Acute and chronic care
- Preventative health
- Pediatrics, etc.
- Pain Management
- Gastroenterology

Salt Lake City: 3195 South Main Street, #200, 801-468-0354

Provo: 150 East Center Street, #1100, 801-374-7011

Ogden: 2540 Washington Blvd. #122, 801-626-3670

Clinic Hours: Monday – Friday 7:30 – 4:00 pm, Urgent Care walk-in hours 4:30 -6:30 pm

Utah Co-Op

The Utah Co-Op exists to help families afford healthy food. Organic foods, cheeses, meats, baby supplies, and other items are available at up to 90% off retail prices. Items are purchased at wholesale prices, but the co-op is run by volunteers, which keeps operating costs, and prices, low.

Where: 4892 South Commerce Drive (300 West). #B (new location)

Hours: Thursday & Friday 11 am -2 pm; Saturday 11 am -5 pm

Payment: Cash only onsite, credit cards accepted for online orders. Membership (with benefits) is available but not required.

More information: www.utahcoop.org or 801-556-2223



UTAH FOOD BANK

IRS Open House to Help Small Businesses & Individuals Solve Tax Problems

The Internal Revenue Service will host a special nationwide Open House on Saturday May 15 to help small businesses and individuals solve tax problems. "Our goal is to resolve issues on the spot so small businesses and individuals can put any issues they have with the IRS behind them," IRS Commissioner Doug Shulman said. "If you have a problem filing or paying your taxes or resolving a tough tax issue, we encourage you to come in and work with us."

IRS locations will be equipped to handle issues involving notices and payments, return preparation, audits and a variety of other issues. At a previous IRS Open House on March 27, approximately two-thirds of taxpayers requested and received assistance with payments and notices. So, for example, a taxpayer who cannot pay a tax balance due can discuss with an IRS professional whether an installment agreement is appropriate and, if so, fill out the paperwork then and there. Assistance with offers-in-compromise will also be available. Likewise, a taxpayer struggling to complete a certain IRS form or schedule can work directly with IRS staff to get the job done.

The Salt Lake IRS office is located at 50 South 200 East. Other locations for the May 15 Open House are listed on the IRS website, IRS.gov. The Open House on May 15 is the first of three events scheduled through the end of June. The next two are planned for Saturday June 5 and Saturday June 26. Details regarding those events will be available soon.

Caregiver Support Program Applications Now Being Accepted

Salt Lake County Aging Services

Caregiving is one of the most challenging and important aging-related issues today. At all stages of caregiving, family caregivers need information, resources, and respite. Salt Lake County Aging Services' Caregiver Support Program offers a comprehensive array of services for family caregivers. Included in those services is a limited respite program. This program is funded through taxes and is available to all residents of the County. This year, beginning July 1st, the Caregiver Support Program will be able to use an increased allotment of funds on limited respite for Salt Lake County's Caregivers.

To be eligible care givers must be 18 years or older. Care receivers must be at least 60 years or older and need assistance with activities of daily living such as bathing, dressing walking, eating, toileting, and/or have a significant memory impairment.

To apply for services, the primary **family** caregiver must call **(801) 468-2460** and complete an intake assessment. Intakes are done over the phone and are subject to a waiting list. **Important Note:** The Caregiver Support Program does not pay family caregivers to care for their family members. The funds pay for services sent into the home through the County's contracted agencies.

More information can be found at www.aging.slco.org/caregiversupport/.

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 also available and the topics vary from self care to how to communicate more effectively.

The following is a current list of Senior Centers where the staff is available one day per week:

Friendly Neighborhood (801-468-2781), Mt. Olympus (801-274-1710), Kearns (801-965-9183), Liberty (801-532-5079), Taylorsville (801-293-8340), 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



UTAH FOOD BANK

Writing For Change

Join the Community Writing Center (CWC), Salt Lake City Public Library and guest speaker Archie Archuleta to learn techniques of writing for change, such as Letters to Editors and Public Officials. Come with a concern and stay to write a letter with the help of CWC writing coaches. Classes are free and open to the public, but registration is requested. To register, call the SLCC Community Writing Center at (801) 957-4992.

- May 15 (Sa) 1-4 pm, Anderson-Foothill Library (577 South 900 West)
- June 15 (T) 6-9 pm, Main Library (210 E. 400 S)
- July 13 (T) 6-9 pm, Anderson-Foothill Library (577 South 900 West)

Upcoming Free Legal Classes from the Utah State Law Library

- **Guardianship of a Minor Basics**
Thursday, 5/20, 4:30-6:30 pm
- **Landlord-Tenant Basics**
Thursday, 5/27, 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, 6/3, 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.



Chalk Art Festival

Support Utah's foster families! Volunteer at the Utah Foster Care Foundation's annual Chalk Art Festival June 18-19 at The Gateway. This fun and unique festival benefits Utah's 2600 children in foster care who need foster/adoptive families. Register for 4-hour shifts at www.chalkartfestival.org.

English Skills Learning Center

The English Skills Learning Center is looking for volunteers to serve refugee and immigrants in the community by teaching the English. Have fun meeting people from different cultures and making a difference in their lives! No second language skills required, training and materials provided. The next training sessions will be held Tuesday, May 18th from 9-4pm and Thursday, May 20th from 9-4pm.

Kostopulos Dream Foundation

Currently seeking volunteers to help facilitate annual summer camp programs! Come spend time up at the facility in Emigration Canyon assisting camp leaders as participants come up for a week of recreational therapy! Contact Jason Wessel at jwessel@campk.org for details on current opportunities.

Upcoming Community Events

Salt Lake Area (unless otherwise noted)

May

- 17 [Wasatch Gem Society](#) Monthly Meeting; 7:30 pm, 530 E 8680 S; 801-259-7446
19 International Bake Sale; 10 am-2 pm, Dept of Workforce Services, 720 S 200 E, 801-536-7144
19 Graves' Disease Support Group; 6:30 pm, Intermountain Medical Center, 5121 S Cottonwood, 801-259-7446
22 [No More Homeless Pets in Utah Strut Your Mutt](#); 8 am, Veterans Memorial Park, 1985 W 7800 South

June

- 4-6 Utah Pride Festival; www.utahpridecenter.org, 801-539-8800
14-18 World Refugee Education Week; various locations/times visit refugee.utah.gov for information
19 World Refugee Day Festival; 12 – 8 pm, Granite High School, 3305 S 500 E refugee.utah.gov
18-19 [Chalk Art Festival](#); Gateway Mall, www.chalkartfestival.org, 801-994-5205
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