



FIVE COUNTY NEWS FROM 'R' VIEW

VOLUME XI NUMBER 4

JULY-AUGUST, 2011

Director's Dialogue

Five County Association of Governments is now on Facebook and Twitter! I became the agency's first follower and sent my first Tweet today. I look forward to seeing how many followers come on board in the coming weeks. The address is [@FiveCountyAOG](#). A link to both Facebook and Twitter is displayed on our homepage at www.fivecounty.utah.gov

Uncertainty continues to be the word that best describes the current state of affairs for regional development organizations, including Five County AOG. Contracts for the fiscal year that began on July 1, 2011 continue to trickle in, some with level funding amounts, and others with substantial reductions.

An immediate result of reduced funding is the loss of program staff. I would like to thank Christine McDonald, Senior Companion Coordinator; Cambria Conlin, RSVP Program Assistant; Todd Stowell, Iron County Circuit Rider Planner; Chelsea Carattini, Child Care Resource and Referral Data Specialist, and Brandi Young, HEAT Intake Worker. Some are leaving due to funding cuts, and others are moving on to new locations with spouses. We wish all of these dedicated employees the best.

In the meantime, Aging Services demands continue to grow. I would like to welcome Megan McCourt, our newest Case Manager, who will join our team of social workers who assist elderly clients to remain at home, thus providing both families and governments significant savings compared to the costs of institutionalized care.

As the new fiscal year's budget was being discussed in June, a number of Steering Committee members asked that I provide a comprehensive view of programs accomplished by Association staff. They expressed concerns due to looming cuts in federal support, combined with increased demands on member jurisdictions.

The Annual Report for fiscal year 2011 will accomplish this desire. Reports will be spread across the September and October Steering Committee meetings, with one month focusing on Human Services and the other on Community and Economic Development. We will describe each program, identify the ultimate source of funds, report on performance measures, and conclude with an estimate of the financial and human resource impacts if a program is discontinued. We will also provide our opinions regarding the stability of each program within the context of federal and state budget negotiations. Hopefully, the federal fiscal year 2012 budget picture will be more clear by September and October! (*Kenneth L. Sizemore, Executive Director*)

Living Well with Chronic Disease

The Chronic Disease Self Management Program "Living Well" has scheduled classes in Iron and Washington counties. The purpose of the classes is to assist those who have chronic health problems and teach them to take control of their own health. The program is through Standford University, and evidence based studies have shown those who take the class are less likely to be hospitalized within the next year. The information is for any chronic condition and also can assist family members care giving for those with chronic conditions.

The classes are six weeks long and teach techniques of communication, pain management, making action plans and working with your health care professional. The classes are free, but space is limited. Please call Brenda McKee at 435-673-3548 to sign up.

Location	Dates	Time
Cedar City Senior Center 489 E. 200 S. Cedar City, UT	Wednesdays August 10th - September 14th	1:00 - 3:30 p.m.
Dixie Regional Medical Center Health & Performance Center 2nd Floor 652 S. Medical Center Drive St. George, UT	Fridays August 19th - September 23rd	1:00 - 3:00 p.m.
St. George Senior Center 245 N. 200 W. St. George, UT	Wednesdays September 7th - October 12th	1:00 - 3:30 p.m.
Dixie Regional Center Health & Performance Center 2nd Floor 652 S. Medical Center Drive St. George, UT	Tuesdays October 4th - November 8th	9:30 a.m. - 12:00 p.m.
St. George Senior Center 245 N. 200 W. St. George, UT	Tuesdays October 18th - November 22nd	1:00 - 3:30 p.m.

Staff Spotlights



Megan McCourt, Case Manager

Megan was born in Salt Lake City but grew up in Arizona. Megan loves learning, and while in college she considered degrees in English, chemistry, and even pre-law. However, after taking a general education class in Child Development, she found the classes she loved and switched her major to Human Development. She enjoyed learning about development across the lifespan. She completed her Bachelor of Science degree in Marriage,

Family, and Human Development at Brigham Young University. After graduating, she lived in Seattle, Washington briefly and then returned to Arizona. In 2004, she moved with her family to St. George and loves living here!

Megan has worked with people of all ages. She worked with young mothers for about two years with a non-profit agency in Arizona. She has worked with troubled teenagers locally in a residential treatment facility. And for the last 4 years, she has worked with young children in the Early Intervention and Early Head Start programs. She enjoys learning and working with people from all different backgrounds.

Megan is married with three children, two beautiful daughters and one handsome son! She loves playing with her children at the many great parks we have here in Saint George. She has recently started jogging with her husband, and especially loves to see all the beautiful scenery outside while jogging. She loves music and plays the flute when she can find time. She enjoys crocheting and reading, especially with her children. She is excited to join the Five County AOG team!

Eagle Scout Project Provides Memory Books



Peter Seegrist, 17, of Enoch, Utah has been working on an Eagle Scout Project that benefits families who are caring for Alzheimer's patients. Peter is a member of Scout Troop 381 in the Spanish Trails Ward and his scout troop, ward and neighbors have put together memory books.

Memory books are a way of attempting to have conversations with individuals who have lost their ability to have appropriate communication with their families. The books are simple subjects with pictures from magazines and they ask simple questions. The topics of the books have been on ideas like travel, food, and Southern Utah. When used properly, memory books can assist someone to talk about childhood, their parents and other past events.

Peter presented the first of the books to the Alzheimer's Support Group in Cedar City at Emerald Pointe Assisted Living on July 8th. The family members expressed their thanks to Peter and several checked out copies to use with their loved ones.

The books will be given to memory care units in the Five County area and are available for caregivers to check out at the lending library in both our Cedar City and St. George office. For more information contact Tracy Heavy Runner, Case Management Coordinator, at 435-673-3548.

Boulder Multi-Purpose Community Center Building Project Underway

Back in 1935, Boulder town's elementary school burned down and a new building -the building which is now being remodeled- was completed in 1937 to replace it. It was closed in 1967 when the school-age population in the town dwindled and the children were sent to Escalante to school. At that time the building was deeded to the town by the Garfield County School District.

In 1985, the school was reopened and an addition built on the west end of the building to provide more modern rest rooms and a larger kitchen. In 1994 a new elementary school was built in Boulder and full use of the building was returned to the town.

Use of the building continued increasing as the community began using it for everything from yoga, fencing, photography classes as well as meetings, workshops, and community social gatherings. A local foundation even used one of the large rooms as a library. While usable, the building was old and in need of refurbishing. The addition had settled so badly it was determined it needed to be demolished and replaced.

In 2010 Boulder Town applied to the Utah Permanent Community Impact Fund Board (CIB) for funding to remodel and expand the Community Center. This project had been specifically identified and prioritized as a very high priority on the county-wide CIB Capital Improvement List for that program year. The town received funding from the CIB in the form of a loan and a grant, to which the town added local dollars from their general fund and a most generous donation made by an anonymous citizen.

When the bids came in they were all too high, so the town had to go back to request additional funding - which they were given- and for which they were very grateful.

After securing all of the necessary funding for the project, the town established a local building authority through which to funnel the CIB loan funds.

The town hired Jones & DeMille Engineering of Richfield, Utah to help with the site civil engineering and MESA Consulting Group of St. George, Utah to provide the architectural design. Tushar Contracting of Beaver, Utah was hired as the general contractor. Work on the project began in late May of this year.

The demolition of the addition from 1985 has been completed, and the windows, siding, and flooring of the old 1937 main building have been removed. Concrete for the addition on the west side of the building has been poured and a new septic system is in place.

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The following two photographs of the Community Center project were taken on July 10, 2011.



Framing of the addition began in mid-July. It is anticipated that the project will be completed in the fall of this year. The following picture is a rendering of what the building will look like when it is completed.



The demolition work to prepare for construction of the new addition has revealed a lot of interesting things about the way things were done in this very isolated community in the 1930's, when there were no roads, and things like cement had to be brought into the area by horse and wagon, and all the lumber was milled locally. The early builders were very innovative, and their work has withstood the test of time. While the building itself was mostly solid, a few interesting exceptions were found: when they removed the flooring, they discovered that the joists had concrete footers under the ends of them, but along the length they were held up with rocks piled onto each other, then wood shims to make them level. Also, there were no headers over any of the windows or doors. The building basically was held together with inside and outside planking attached to the 2x4 framing.

Evidently the early builders did what they could with the limited materials they had, and as a result generations of school children have fond memories of the building. The town leaders are grateful that the building has served the citizens so well for so many years and through this project hope to ensure that the building serves many more generations to come.

The town had two things they wanted in this building: 1) they wanted the building to be energy efficient, and 2) they wanted to maintain the historical look. The town believes that the project architect has done a great job in meeting both of these goals.

The Utah Permanent Community Impact Fund Board (CIB) Board provides loans and/or grants to state agencies and political subdivisions of the state which have or may be socially or economically impacted by mineral resource development on federal lands. Under the Federal Mineral Lease Act of 1920, lease holders on public land make royalty payments to the federal government for the development and production of non-metalliferous minerals. Those funds are then split with the state of Utah and is the source of the CIB funding.

(Gary Zabriskie, Director of Community & Economic Development)

NOTE: For more information on the CIB program in southwestern Utah, including technical assistance available from the Association staff, visit the Five County AOG web site at the following address:

<http://www.fivecounty.utah.gov/programs/community/capital.php>

Caregiver Class Schedule for 2011

Caregivers are a valuable resource and need to be supported. Many families are care giving for spouses, parents, siblings and children. The burnout rate is high and support groups have been formed to assist these families in their efforts. The first hour of the support program is training and education and to prevent premature nursing home placements. The second hour is discussion and support. It allows caregivers the opportunity to interact and learn that they are not the only ones dealing with memory loss and dementia caused by diseases like Alzheimer's. Any caregiver is welcome to attend.

St. George Class Cliff View Assisted Living 2nd Thursday at 1:00 p.m.	Cedar City Class Emerald Pointe Assisted Living 2nd Friday at 1:00 p.m.	Hurricane Class Hurricane Care & Rehab. 3rd Tuesday at 2:00 p.m. (Exception noted in red)	Meadows Class Meadows Assisted Living 3rd Friday at 2:00 p.m. (Exception noted in red)
		July 26, 2011 (4th Tuesday)	July 22, 2011 (4th Friday)
August 11	August 12	August 16	August
September 8	September 9	September 20	Sept 16
October 13	October 14	October 18	October 21
November 10	November 11	November 15	November 18
December 8	December 9	December 20	December 26

Henrieville Town's New Fire Station

The town of Henrieville lost their fire station and fire equipment due to a sudden collapse of the building in late January 2010. Fortunately the Utah Permanent Community Impact Fund Board (CIB) recognized the severe impact to the town's fire protection caused by the loss. The CIB funded a replacement station and new fire truck. On July 2nd of this year a grand opening celebration was held with a great turnout from the town and quite a few people from other nearby communities.



*top left: collapsed station (2010); top right: exterior new station (2011)
bottom right: Interior new station ; bottom left: new fire truck*

Please submit articles to Diane Lamoreaux via e-mail to (dlamoreaux@fivecounty.utah.gov) or in writing to: P.O. Box 1550; St. George, Utah 84771-1550.

For other information or services, please call (435) 673-3548 or visit our website at: <http://fivecounty.utah.gov>

Steering Committee Meeting Schedule:

Wednesday, August 10, 2011 - 1PM
Panguitch City Office/Library
Council Chambers - 25 South 200 East
Panguitch, UT

Wednesday, September 21, 2011 - 1PM
Beaver County School District Office
Board Room - 291 North Main Street
Beaver, UT

Five County Association of Governments
1070 West 1600 South, Building B
P.O. Box 1550
St. George, Utah 84771-1550