



FIVE COUNTY NEWS FROM 'R' VIEW

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Five County AOG Receives Utah Local Governments Trust Accountability Award



Five County Association of Governments recently received a beautiful trophy and a cash award of \$1,324.10 from Utah Local Governments Trust. The award was in recognition of Five County Association of Governments' completion of the Trust Accountability Program (TAP) for 2014.

Among other things, the TAP program requires demonstrated excellence in the areas of safety committee meetings, Return-to-Work programs, monitoring and taking action on driver citations (MVR) and safety action registers. A special thanks to all FCAOG employees for helping us achieve this award and making the agency a safe place to work. Congratulations!

Southwest Utah Hazard Mitigation Plan Kicks Off

Disasters caused by flooding, wildfires, rock falls and other hazards can result in loss of life, as well as damage to buildings and infrastructure. The Five County Region is no stranger to disasters caused by natural hazards, including flooding, wildfires, rock falls, and drought. Proactive mitigation policies and actions help communities become more resilient in the face of hazards.

The Five County AOG Community and Economic Development staff is kicking off the process to update the region's Natural Hazard Mitigation Plan, which will take place over the course of the next year. The purpose of the plan is to identify potential hazards throughout various locations in the region and local policies and actions that can be implemented over the long term to reduce risk and future losses from hazards. This Update to the plan will be a major endeavor, engaging representatives in all five counties of the region and enlisting expertise from the Utah Geologic Survey and the State Natural Hazards Mitigation and Recovery Manager. The plan will include a risk assessment of hazards that pose a potential risk to life and property, an analysis of community capabilities and development of a mitigation strategy, customized for each county.

In order to be eligible for FEMA Hazard Mitigation Assistance, jurisdictions must have an adopted hazard mitigation plan. Counties, cities, and towns throughout our region are in compliance with this requirement by adopting the Five County Natural Hazard Mitigation Plan, completed in 2011. This update, which is necessary every five years, will keep them in compliance, if adopted. While each community could develop an individual plan, there are significant advantages and efficiencies gained by taking a multi-jurisdictional approach. When completed, the Southwest Utah Multi-Jurisdictional Multi-Hazard Mitigation Plan will be the third version for the region.

The first step in the planning process is to assemble a planning team for each county in the region, which will include emergency management personnel, engineers, planners, elected officials, public works personnel and other representatives. To stay informed and involved throughout the planning process, please visit <http://hazardmitigationplan.org/> or contact Levi Roberts, Senior Planner at lroberts@fivecounty.utah.gov (Levi Roberts)



Five County Area Agency on Aging Health Prevention Programs

Five County Aging Services has provided Health Prevention Programs in all Senior Centers in our area for years. This year, due to changes on the Federal level in how funds are spent, we now have to use them in evidence based programs. Evidence based programs have proven improvement in the health of the individuals who take the class. Because the programs are evidence based, we follow strict guidelines on how classes are taught and reported. Instead of asking County Coordinators to complete the reports, it has been determined that Five County Aging staff would do so. Kickoff parties are scheduled for Iron and Washington Counties in September, during National Fall Prevention Month. **(See the back page for information on these two events.)** Similar events will be held in Garfield, Beaver, and Kane counties in the spring.

A list of the Evidence Based Programs offered, including a brief description, begins on the next page.

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The **Stepping On** program incorporates a group setting plus individualized follow-up. It covers a range of issues, including falls and risk, strength and balance exercises, home hazards, safe footwear, vision and falls, safety in public

places, community mobility, coping after a fall, and understanding how to initiate a medication review. This class will help participants maintain independence and give them confidence in their mobility so they are able to undertake their everyday activities safely and without the risk of falling. Trainers for this program include Carolyn Stuercke, Robyn Jensen and Tracy HeavyRunner. <http://steppingon.com/>

Stepping-On Class Location	Dates	Time
Cedar Senior Center 489 East 200 South Cedar City, UT	Wednesdays September 9 - October 21, 2015	Sept 16, 2015 forward - 1:00 - 3:00 p.m.
St. George Senior Center 245 N. 200 W. St. George, UT	Thursdays September 10 - October 22, 2015	Sept. 17, 2015 forward- 1:00-3:00 p.m.

Arthritis Foundation Exercise Program: Weekly classes are held to improve mobility of seniors. The Arthritis Foundation has put together several exercises that are simple, can be done sitting or standing, and improve muscle strength and mobility. Attendees of previously held classes at Senior Centers have increased independence, from dressing themselves again to having their driving privileges restored. Trainers for this program include Ramona Sorenson, Margo Wood, Robyn Jensen and Lena Oswald.

Arthritis Exercise Class Location	Days of Week	Time
Escalante Senior Center 89 N. 100 W., Escalante, UT	Mondays & Thursdays	3:30 p.m.
St. George Senior Center 245 N. 200 W., St. George, UT	Tuesdays & Thursdays	11:00 a.m.
Henrieville Scout House Henrieville, UT On Hold until Sept. 1, 2015	Tuesdays	12:30 p.m.
Cedar Senior Center 489 E. 200 S., Cedar City, UT	Mondays	10:00 a.m.

Tia ji Quan: Three individuals were recently trained in an Evidence Based Tai Ji Quan: Moving for Better Balance® (TJQMBB). This is a research-based balance training regimen designed



for older adults and people with balance disorders. Fuzhong Li, Ph.D., a Senior Scientist at [Oregon Research Institute](#), developed the program. Trainers for this class include Lena Oswald and Donna & Phillip Hicks.

Tia ji Quan Class Location	Days of Week	Time
Cedar Senior Center 489 E. 200 S., Cedar City, UT	Wednesdays & Fridays	9:00 a.m.
St. George Senior Center 245 N. 200 W., St. George, UT	Wednesdays	11:00 a.m.



Living Well, Chronic Disease Self-Management: This is a workshop for two and a half hours, once a week, for six weeks. Classes are held in community settings such as senior centers, churches, libraries and hospitals. People with different chronic health problems attend together. Workshops are facilitated by two trained leaders, one or both of whom are non-health professionals with chronic diseases themselves. Subjects covered include: 1) techniques to deal with problems such as frustration, fatigue, pain and isolation, 2) appropriate exercise for maintaining and improving strength, flexibility, and endurance, 3) appropriate use of medications, 4) communicating effectively with family, friends, and health professionals, 5) nutrition, 6) decision making, and, 7) how to evaluate new treatments. Each participant in the workshop receives a copy of the companion book, *Living a Healthy Life With Chronic Conditions, 4th Edition*, and if they complete the class an audio relaxation CD, *Relaxation for Mind and Body*.

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A Diabetes Self Management workshop is also offered. Trainers for the Chronic Disease Self Management Program (CDSMP) include Debra Montgomery, Tracy HeavyRunner, Robyn Jensen and Sheryl Gardner. Trainers for the Diabetes Self Management Program (DSMP) include Kathy Stewart, Dean Morrill, Roy Watson and Tracy HeavyRunner.

Space is limited for these classes. To sign up call Carolyn Moss at 435-673-3548. A schedule of the CDSMP and DSMP workshops is provided below.

CDSMP/DSMP Class Locations	Dates & Days of Week	Time
Sterling Court (CDSMP) 324 N. 1680 E. St. George, UT	Wednesdays July 15, 2015 - August 18, 2015	9:00 a.m. - 11:30 a.m.
Enterprise Senior Center (CDSMP) 165 S. 100 E. Enterprise, UT	Mondays August 10, 2015 - September 21, 2015	10:00 a.m. - 12:00 p.m.
Hurricane Senior Center (DSMP) 95 N. 300 W. Hurricane, UT	Tuesdays October 6, 2015 - November 10, 2015	12:00 p.m. - 2:30 p.m.
Five County AOG (DSMP) 1070 W. 1600 S. St. George, UT	Tuesdays September 15, 2015 - October 20, 2015	1:00 p.m. - 3:00 p.m.
Boulder, UT	TBA - Contact the Escalante Senior Center: 435-826-4317	

15th Annual Early Childhood Collaboration Conference



Care About Childcare, the childcare resource and referral program at the Five County Association of Governments, in collaboration with the Utah Office of Child Care, is pleased to announce the 15th Annual Early Childhood Collaboration Conference to be held at Southern Utah University in the Hunter Conference Center in Cedar City. The all-day conference is entitled "Discover the Superhero in You!" and will be on Saturday, September 19th, 2015. The evening before a special "Super Provider Night" will be held on Friday, September

18th at the Canyon View High School Cafeteria, also in Cedar City.

The Early Childhood Collaboration Conference is designed to provide a quality training experience that brings together the many partners in our early childhood community. The goal of the conference is to educate each other on who we are, and how we all fit together, with a hope of providing opportunities to establish linkages and highlight resources available in our communities, so we can work together more effectively to improve the quality of life for our youngest citizens.

Workshop sessions will feature some of the best presenters coming from many areas of the state including a few of your favorites from previous years. Conference attendees have given rave reviews about the quality of the workshops.

Workshop topics will address many areas of Early Childhood including: Challenging behaviors; Active Learning Strategies; Infant & Toddler Activities; Working with Special Needs children; Literacy; Math; Art; Curriculum Strategies; ...and much, much more!



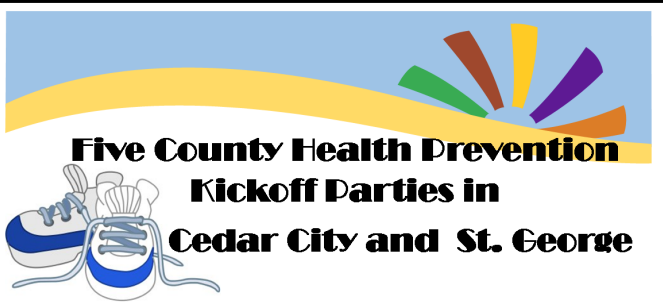
Conference keynote presenter Denita Dinger

Special keynote presenter at the conference is Denita Dinger. Denita's passion for following a child's lead is contagious. Through her 16 years of working with young children she has learned that teaching isn't so much about showing and doing as it is about stepping back, observing and supporting. Attendees will leave her session with a new appreciation for play and will provide fresh perspective on the value of trusting children to

lead their learning. Her keynote is filled to the brim with simple ideas for setting the environment for successful play-based, child-led learning. She will share the steps she went through in order to put age-appropriate learning in, and take her adult-ideas and plans out. Participants will leave this session refreshed, energized and feeling empowered with valuable tools that will help them let play count, and educate the parents as well!

To view and download/print a conference brochure and session agenda and to obtain a registration form, please see the Care About Childcare website at: <http://www.childcarehelp.org>

You can also learn more about the child care resource and referral program at the Five County Association on that website. (Tammy Douglas)



**Five County Health Prevention
Kickoff Parties in
Cedar City and St. George**

Wednesday, September 9, 2015
Cedar City Senior Center
489 East 200^{*} South, Cedar City (435) 586-0832

- and -

Thursday, September 10, 2015
St. George Gayle M. & Mary Aldred Senior Center
245 North 200 West, St. George (435) 634-5743

* * * Each Party begins at 11:00 AM * * *

Meet: Stepping-on Leaders.

Try out: Arthritis Exercise Class and Tia Chi.

Be introduced to: "Living Well" Chronic Disease Self-management programs including pain Management and Diabetes.

Information will also be available on: Medicare, In-Home Services, RCI REACH program, and becoming a Senior Companion.

Please submit articles to Diane Lamoreaux via e-mail 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 web site at: <http://fivecounty.utah.gov>

Five County Association of Governments is now on



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You can also find the Five County Association of Governments on



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