



# FIVE COUNTY NEWS FROM 'R' VIEW

VOLUME XIII NUMBER 2

MARCH-APRIL, 2013

## ***Director's Dialogue***

Bylaws for the Five County Association of Governments call for the annual rotation of leadership roles to each county delegation. Kane County has the responsibility for the coming year. Commissioner **Jim Matson** will be serving Chair, with Mayor **Nina Laycook** as Vice-Chair. I would like to thank Commissioner **Dougl Heaton** from Kane County for his service on the Steering Committee. Other assignments have taken him away from his role at the AOG. Commissioner Matson graciously accepted a new assignment that came along with immediately chairing the Steering Committee. Fortunately, his experience with the Color County RC&D Council and other regional efforts such as the Dixie National Forest Resource Advisory Council give Commissioner Matson a great foundation for leading the efforts of the AOG.

We also welcome **Shane Adams** as the new Iron County School District representative and Mayor **Dan McGuire** of Rockville as the new Washington County Mayors representative. Shane is the branch manager at the Parowan State Bank of Southern Utah location. Mayor McGuire has served on the Steering Committee previously. I appreciate his willingness to come aboard for yet another stint!

As I write, news reports indicate that sequestration will move forward. It is still uncertain how this action will affect Five County programs. No specific direction has been received from any state or federal agencies. Hopefully, direction will come in sufficient time to craft the FY 2014 budget in the coming weeks. Indications are that programs will see a 5 to 8 percent reduction. Stay tuned for further details.

of a Consolidated Plan. The Plan consists of goals and policies directing community, economic and housing development for the region, except for the City of St. George, which prepares a separate document.

This marks the 19<sup>th</sup> year of the consolidated planning process. The update includes a 2013 Action Plan along with updated Capital Improvements Lists, FY 2013 Rating and Ranking Criteria, an analysis on focus communities and/or areas, a new chapter that addresses Coordinated Human Services Transportation and an analysis of housing impediments.

The plan includes all submitted capital improvements priorities in the Five County region for fiscal year 2013. These priorities are listed in the one-year list and five-year list. The one-year list includes community, economic and housing development priorities that local governments in the Five County region plan to achieve during the 2013 fiscal year. Communities, counties and other affected private/public agencies are encouraged to utilize this document in budgeting and other policy-making activities.

The Plan encourages local coordination and describes community and regional priorities. All capital improvements projects that are submitted for CDBG funding consideration must be identified in the Plan by the sponsoring jurisdiction. The five-year list provides information and data regarding the needs of community, economic and housing development for the next two to five year planning period (2014-2017).

A performance measures system is included which will measure outcomes and benefits realized through completed projects.

The Draft 2013 Consolidated Plan is available for review at the Five County Association of Governments offices located at 1070 W. 1600 S., Building B., St. George, Utah. The Plan is also posted on the Five County AOG website: [www.fivecounty.utah.gov/conplan.html](http://www.fivecounty.utah.gov/conplan.html)

Comments will be accepted verbally or in writing from March 1, 2013 through March 31, 2013. For further information contact Diane Lamoreaux, CDBG Program Specialist at 435-673-3548, or via e-mail at [dlamoreaux@fivecounty.utah.gov](mailto:dlamoreaux@fivecounty.utah.gov)



***Five County Region  
Consolidated Plan - 30 Day  
Public Comment Period  
March 1<sup>ST</sup> through March 31<sup>ST</sup>***

One of the requirements placed on all agencies that receive funding from the U.S. Department of Housing and Urban Development (HUD) is the preparation



**The 11<sup>TH</sup> Annual Southern  
Utah Seniors Conference**

**“Be An ‘Incredible’  
Senior”**

**Keynote Address: Mr. Michael Styles, M.P.A.**  
Assistant Director  
Utah Department of Aging and Adult Services

**Breakout Sessions:**

**“Nutrition and Aging”**  
Ms. Celesta Lyman

**“Hearing”**  
Dr. Eric Maxwell, Au.D., FAAA

**“Breakfast for the Brain”**  
Mr. Terry Hawks

**Friday, May 3, 2013**  
**Festival Hall/Heritage Center, Upper Floor**  
**105 North 100 East, Cedar City**  
**Check-In - 9:00 a.m.**  
**Conference 10:00 a.m. to 2:00 p.m.**  
**Admission Free (includes lunch)**

**To Register: Call the Volunteer Center of Iron  
County at 435-867-8384**

**Seating guaranteed only if you register by  
Thursday, April 25<sup>th</sup>**

This conference is sponsored by: Five County Caregiver Support Program; Five County Senior Corps Programs; Health Insurance Information Program, State of Utah; Iron County Council on Aging; “Living Well” Chronic Disease Self Management Program; and Five County Area Agency on Aging.

In addition to speakers, this event will feature door prizes and a resource fair!

Would you like to attend but don't know who will care for your loved one while you're away? The Five County Caregiver Support Program can help! Call Carolyn Moss or Tracy HeavyRunner at 435-673-3548 by Thursday, April 25, 2013 to inquire about respite care during the conference. (Tracy HeavyRunner)

**Chronic Disease Self-Management  
Program**

The Five County Association of Governments Chronic Disease Self-Management Program continues to host six

week workshops throughout the Five County region. Workshops have been expanded to include the Diabetes Self-Management program. We are seeking individuals across the region who would like to attend the workshops. These workshops are intended for individuals with any chronic health condition and caregivers. Individuals interested in leading workshops will have the opportunity to participate in train-the-trainer sessions this summer.

Subjects covered include: 1) Techniques to deal with the symptoms of disease, fatigue, pain, stress, and emotional problems such as depression, anger, fear and frustration; 2) Appropriate exercise for maintaining and improving strength and endurance; 3) Healthy eating 4) Appropriate use of medication; and 5) Working more effectively with health care providers. Participants will prepare weekly action plans, share experiences, and help each other solve problems they encounter in creating and carrying out their self-management program. Physicians and other health professionals both at Stanford University in California and in the community have reviewed all materials in the course.

The program does not conflict with existing programs or treatment. Patient treatment is not altered. For medical questions, participants are referred to their physicians. If the content of the course conflicts with instructions they receive elsewhere, they are advised to follow their physicians' orders and discuss discrepancies with the physician.

Classes will be held at various locations as follows:

Dates / Time	Location / Address
Wednesday March 27 - May 1 1:00 - 3:30 p.m.	<b>St. George Senior Center</b> <b>Diabetes Self-Management Class</b> 245 North 200 West St. George, UT
Wednesday March 20 - April 24 1:00 - 3:30 p.m.	<b>Emerald Pointe</b> <b>Diabetes Self-Management Class</b> 955 South Regency Road Cedar City, UT
Friday April 11:00 am - 1:30 pm (To Be Announced)	<b>LDS Church</b> <b>Chronic Disease Class</b> 10 South Main Street New Harmony, UT
May and June (To Be Announced)	<b>Dammeron Valley Community Center - Chronic Disease Class</b> 1137 Dammeron Valley Dr. East Dammeron Valley, UT
May or June (To Be Announced)	<b>Panguitch Senior Center</b> <b>Chronic Disease Class</b> 87 North 400 West Panguitch, UT
May or June (To Be Announced)	<b>Enterprise Senior Center</b> <b>Chronic Disease Class</b> 105 South 100 East Enterprise, UT

For additional information or to sign up for a class, please contact Carolyn Moss at 435-673-3548.

## Senior Day at the Legislature Report



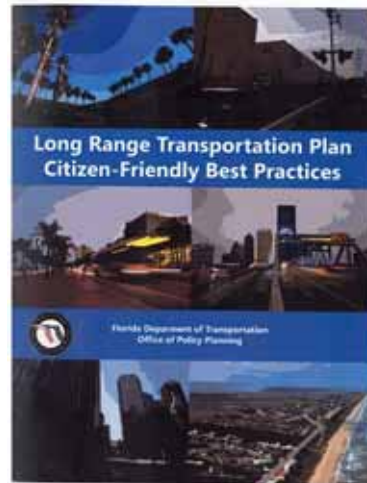
Five County AOG staff and senior citizens representing the Five County Region with Representative Mike Noel

This year Southern Utah was pleased to have eight representatives attend Senior Day at the State Capitol on February 13<sup>th</sup>. We were honored to have Mayor Ward Dotson from Minersville attend; as well as, Jim & Carma Sly also from Beaver County and their Son, Calvin Sly. In addition, Art Cooper from Panguitch attended and represented Garfield County. Mr. Cooper, who recently celebrated his 80<sup>th</sup> Birthday, was a member of the State Legislature when he was 25 years old. He was excited to participate in this year's Senior Day and visit the floor of the House as a former Representative. Everyone enjoyed listening to stories of his time as a legislator and his enthusiasm for the political process. Jim & Carma Sly and Art Cooper are all members of the Five County Aging Advisory Council. We also had representation from Chris Holliday, County Council on Aging Coordinator for Washington County, overseeing three senior centers and one meal site. Finally, Tracy Heavyrunner, Five County Case Management Coordinator, and Carrie Schonlaw, Aging and Human Services Director, attended representing the Five County Region.

The group arrived at the State Capitol bright and early that morning to find parking a bit challenging. However, they all made it safely into the administration building auditorium where they heard from the keynote speaker, Mayor Ben McAdams of Salt Lake County. After the introduction and keynote, everyone was provided the opportunity to either attend a forum in the auditorium, take a guided tour of the Capitol or visit the Senate and House Gallery. Most of our group decided to visit the Senate and House Gallery where a proclamation was read by one of the legislators announcing Senior Day at the Legislature and honoring seniors from across the state. Afterward, the group met back at the auditorium for a box lunch where Senators and Representatives were invited to meet informally with seniors from their local areas. We were honored to have Representative Mike Noel join our group and speak with the seniors from Five County.

We would like to express our appreciation for those who were able to attend from the Five County Region. Everyone reported having an enjoyable and informative experience. We look forward to having participation from out region again next year. (Carrie Schonlaw)

## Dixie Metropolitan Planning Organization (DMPO) Long Range Transportation Receives Recognition



The Florida Department of Transportation recently cited the Dixie MPO Long Range Transportation Plan (LRTP) as an excellent example of a citizen-friendly document in a research study. The report, "Long Range Transportation Plan Citizen-Friendly Best Practices" included the DMPO plan as exemplary.

A large amount of research, detail and effort goes into creating the LRTP because of its highly technical nature. Yet the general public needs to be able to understand the metropolitan planning process. The review by Florida DOT highlighted design principles from other states' Metropolitan Planning Organizations (MPO). Of the 359 MPOs throughout the United States, LRTPs from 137 randomly selected MPOs were reviewed based on four criteria related to citizen-friendliness: 1) Length, 2) Clarity, 3) Graphics, and 4) Vision. The report highlights six LRTPs, including the DMPO.

The Dixie MPO is honored to have received recognition for producing a LRTP that is worthy of national exposure! The description of the DMPO Long Range Transportation Plan concludes that even though the document is only 40 pages long, it is an example of how a significant amount of information can be provided in a brief format. The report continues to read, "The fine level at which the document is divided (14 Chapters) facilitates ease of searching for specific topics. Each chapter is short and to the point, while still providing the necessary information... For these reasons, the plan document is both useful and user-friendly."

**Congratulations to the Dixie MPO Staff on a job well done!!**



**CLEBRATE LIFE IN  
FULL COLOR**

**The Five County Association of Governments  
Aging Department is sponsoring a Provider  
Conference**

**When: Wednesday, April 3, 2013**

**Time: 8:30 registration 9:00 a.m. to 2:00 p.m.**

**Where: Lexington Hotel Conference Center  
850 South Bluff Street  
St. George, Utah**

RSVP to Carolyn Moss at (435) 673-3548 by  
Monday, March 25, 2013.

We look forward to seeing you at the conference!

CEU's pending

Please submit articles to Diane Lamoreaux  
via e-mail [dlamoreaux@fivecounty.utah.gov](mailto: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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