



FIVE COUNTY NEWS FROM 'R' VIEW

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Director's Dialogue



Partnerships with public and private sectors can lead to successful project outcomes. This spring an engineered 55 feet long pedestrian bridge will be installed over the Pine Valley

reservoir spillway. Many people will be able to safely cross the spillway because some Eagle Scouts with the Boy Scouts of America, Washington County, the State of Utah, the Dixie National Forest Service, Ron Larsen a professional engineer (donated almost 200 hours) with Southwest Consulting Services, and General Contractor Issac Fordham, worked together for the past three years to accomplish a safety project. This is what I would consider a team effort.

With letters of support from Senator Orrin Hatch, Congressman Jim Matheson, State Representatives Don Ipson (75), and Lowery Snow (74), and the local Pine Valley Fire Chief, the federal grant of \$41,300 under the Secure Rural Schools program was procured with the Dixie National Forest.

The Boy Scouts learned valuable lessons about the government process. In fact, they increased their vocabulary by learning words like sequestration, federal government shutdown, and what it meant to their Eagle projects with the bridge.

A ribbon cutting will happen later this spring. So this summer when you want to escape the heat and recreate at the Pine Valley campground, be sure to walk over the bridge and know that partnerships can sometimes lead to successful outcomes for citizens.

The Five County Association of Governments would like to assist you in accomplishing planning, economic development, housing, and social services projects that benefit the citizens in the Five County area. Please contact the number listed on the back and see how we might engage and leverage public resources in your area.



Five County Regional Consolidated Plan - 30 Day Public Comment Period

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 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 20th year of the consolidated planning process. The update includes a 2014 Action Plan along with updated Capital Improvements Lists, FY 2014 Rating and Ranking Criteria, an analysis on focus communities and/or areas, a 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 2014. 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 2014 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 (2015-2018).

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

The Draft 2014 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

Comments will be accepted verbally or in writing from March 1, 2014 through March 31, 2014. For further information contact Diane Lamoreaux, Community Development Program Specialist at 435-673-3548, or via e-mail at dlamoreaux@fivecounty.utah.gov

The 12TH Annual Southern Utah Seniors Conference - "Fact or Fiction: Every Truth Has Two Sides" - Aesop

Keynote Address: Dr. John "Keoni" Kauwe, Ph.D.
Associate Professor of Biology & Neuroscience
Brigham Young University

Breakout Sessions:

"Facts of Caregiving"
Ms. Sonnie Yudell

"Scams & Fraud"
Mr. Keith Woodwell

"Medicare/Advantage Plans"
Mr. Darren Hotton

Friday, May 2, 2014
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 24th

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 at the conference? The Five County Caregiver Support Program can help! Call Carolyn Moss or Tracy HeavyRunner at 435-673-3548 by Thursday, April 24, 2014 to inquire about respite care during the conference.

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
Wednesdays (To Be Announced) 1:00 - 3:30 p.m.	St. George Senior Center 245 North 200 West St. George, UT
Wednesdays May 7 - June 11 1:30 - 3:30 p.m.	Veterans Home 200 North 340 East Ivins, UT
Wednesday March 26 11:30 a.m.	Enterprise Senior Citizen Center 150 South 100 East Enterprise, UT
Saturdays March 1 - April 5 2:00 - 4:30 p.m.	Five County AOG Office - Cedar 88 East Fiddlers Canyon Road Cedar City, UT
Tuesdays March 11 - April 15 11 a.m. - 3:30 p.m.	Parowan Library 16 South Main Street Parowan, UT
Wednesdays February 26 - April 2 1:00 - 3:30 p.m.	The Meadows 950 South 400 East St. George, UT
(To Be Announced) 1:00 - 3:30 p.m.	Cliff View Assisted Living 134 West 2025 South St. George, UT

For additional information or to sign up for a class, please contact Carolyn Moss at 1-800-705-1699. (Tracy HeavyRunner, Aging Services Coordinator)

Volunteer Income Tax Assistance (VITA)

Tax time is almost over, why pay for your taxes to be prepared when you can have them done for free! Our IRS certified volunteers are very experienced, and friendly. If you have an income of \$52,000 or less, we will prepare your taxes for free. There are sites in every county that will be open until April 12th.

To find a site near you in the Five County area, call 211 or online at www.utahtaxhelp.org

Please direct questions to Tom Everett at the Five County Association of Governments at 435-673-3548 or email to teverett@fivecounty.utah.gov

Senior Day at the Legislature Report



Senator Vickers speaking with Mayor Dotson (Minersville) and Marcia Evans (Tropic)

Southern Utah was pleased to have 13 representatives attend Senior Day at the State Capitol on February 13th. Former Mayor, Ward Dotson from Minersville, Jim & Carma Sly, along with their son Calvin Sly from Beaver and Art Cooper from Panguitch participated for the second year. Marcia Evans from Tropic, Normand & Ellen Davis from Henrieville and Arlen and Cathy Grimshaw from Iron County were also able to attend this year. In addition, Nancy Lake from Enoch attended and represented our family caregivers. Tracy Heavyrunner, our case management coordinator, and I also attended representing the Five County Region. Several of those in attendance are members of our local Aging Advisory Board and we appreciate all of their support.

This year the Utah Association of Area Agencies on Aging (U4A) was able to sponsor a break for both the House & Senate. This provided each of the Area Agencies on Aging (AAA) the opportunity to meet with legislators and discuss the programs and services provided through the AAA's & local senior centers; as well as, invite them to meet with seniors from their jurisdiction in the rotunda later that day. Nancy Lake and I represented Five County during our designated time. It was a great experience and all of the legislators we met were very open to talking with us. This year's Senior Day once again provided an opportunity for those in attendance to participate in one of 3 activities before meeting with their legislators. This included participating in a forum to discuss key legislative issues impacting senior's with AARP and U4A, taking a guided tour of the Capitol, or visiting the Senate and House Galleries. Our group split up with most of the group visiting the Senate and House Galleries, while others went on a tour of the capital or participated in other activities.

This year we gathered in the Rotunda to meet with our local legislators and have lunch. We were honored to have six of the ten legislators from our region take the time to come and visit with us this year. We would like recognize Senator Vickers, Senator Okerlund, Representative Last, Representative Noel, Representative Westwood and Representative Nelson. We express our sincere gratitude and thanks to them for taking time away from their busy schedules to visit with us

and speak with our local seniors and caregivers. I would also like to express my appreciation for those who were able to attend from our Five County Region. Everyone reported having an enjoyable and informative experience and several have plans to come again next year. We see this as an invaluable experience for the seniors in our region and an opportunity to inform and educate our legislators. We look forward to having ongoing participation from our region in future years. (Carrie Schonlaw, Director of Aging and Human Services)

Make Plans to Attend the "CIB 101" Application Tutorial Workshop on March 27th



If your entity intends in the near future to apply for funding from the Utah Permanent Community Impact Fund Board for infrastructure or public facilities, you need to make sure to have appropriate local officials and/or staff from your entity attend the "CIB 101" Application Tutorial Workshop. This important workshop is conducted once each year by the staff of the Utah

Permanent Community Impact Fund Board (known by most as simply the "CIB").

The workshop is scheduled for **Thursday, March 27, 2014** from **1:30 p.m. to 3:00 p.m.** at the **Cedar City Aquatics Center. The address is 2090 West Royal Hunte Drive, Cedar City.**

The tutorial discusses '**who can apply?**', '**when can you apply?**', '**how to apply?**' and '**what comes next?**' after you are funded, such as reimbursement procedures. Any new CIB policies and procedures will also be addressed.

The CIB is a program of the state of Utah which provides loans and/or grants to state agencies and subdivisions of the state which are or may be socially or economically impacted, directly or indirectly, by mineral resource development on federal lands. The source of funding through CIB is the mineral lease royalties returned to the state by the federal government. The CIB will only fund applications submitted by an eligible applicant for an eligible project.

Any town, city, county or special service district that has firm plans to apply in the June 2014, October 2014 or February 2015 CIB application cycles should definitely have the person, or persons, from your jurisdiction who will be actively involved in preparing the CIB application, as well as managing the project once CIB funding is secured, attend.

Other jurisdictions with future CIB application plans beyond the next three application cycles may also attend, if desired. It is also requested that engineering and architectural firms make sure any staff who will be directly involved in preparing CIB applications or estimates attend.

Please RSVP your attendance to Gary Zabriskie, CIB Regional Planning Program Planner, via e-mail: gzabriskie@fivecounty.utah.gov or by phone (435) 673-3548, ext. 126. (Gary Zabriskie, CIB Regional Planner)

Community Needs Assessment - 2014

The Five County Community Action Partnership is developing the 2014 Community Needs Assessment. This systematic process for determining and addressing needs, or “gaps” between current conditions and desired conditions or “wants” is important for developing programs that are needed in your communities. A needs assessment is part of the planning process used for improvement in individuals, education/training, organizations, and communities. By clearly identifying the problems, finite resources can be directed towards developing and implementing feasible and applicable solutions.

Please watch for the survey and send it to everyone living in the Five County area. The survey will be available on the Five County Community Action website (www.Fivecountycap.org) as soon as it is complete.

For additional information or for any questions, please contact Sherri Dial, Community Action Program Director, at: sdial@fivecounty.utah.gov

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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