






# FIVE COUNTY NEWS FROM 'R' VIEW

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## **Utah Chapter of American Planning Association Recognizes Kenneth Sizemore**



**Left to Right: Gene Carr, Chapter Awards Committee Member; Five County AOG Executive Director Kenneth Sizemore; Aric Jensen, Chapter President**

On Thursday, October 6, 2011, as part of its annual fall conference, the Utah Chapter of the American Planning Association held a special evening social event during which several community planning projects from throughout Utah were awarded recognition for specific excellence. In addition to those nominated projects, three individuals were recognized for their long-time service to the planning profession in Utah as well as their contributions to local jurisdictions they have worked with during their careers.

Kenneth L. Sizemore, Executive Director of the Five County Association of Governments, received the Chapter's *'Meritorious Planner Award'*, given to an individual who has contributed to the planning profession over a long period of time. This award generally requires at least 20 years of service and is not given annually- only when warranted. The following is a portion of the verbiage provided in the award nomination jointly submitted by Springdale Town Community Development Director Tom Dansie, the ZC3 Committee, and the Town of Springdale:

"Ken has been the face of planning and economic development in southern Utah for the past 25 years. He

has earned a reputation as the "socio-economic go-to guy" based on his committed planning service to the communities of Southern Utah. A complete list of his contributions to planning in southern Utah would be too lengthy to list here. Every community in southwestern Utah has benefitted from Ken's planning service at some point during the past 25 years."

"Southern Utah is an area of scenic beauty, abundant natural resources, community pride, and rural heritage. These factors often create conflicts between competing interests. For the past 25 years, Ken has been a rational, level-headed, and skillful moderator in finding solutions to these conflicts. His ability to navigate the political system, respond to the concerns of residents, and foresee the impact of present day actions has benefitted every community in southern Utah. Whether it be working on a local community's General Plan update, assisting the Paiute Tribe with economic development plans, or helping shape the vision of Washington County's future, Ken has made a positive impact on the quality of life in southern Utah through his dedicated and tireless planning efforts.

Ken has also helped the planning profession develop and mature in southern Utah. When Ken first arrived in southern Utah there were few other professional planners. Ken has helped foster community support for and understanding of the importance of planning in the region. Now many communities in the area employ professional planners, all of whom benefit from the planning groundwork Ken established. Ken helped many of the communities, especially the smallest rural communities, establish their first ever General Plans and Zoning Ordinances. He has assisted with area plans, county-wide plans, and regional plans. Professional planners are now building on the solid planning foundation Ken has established in the region.

Because of Ken's service, the planning field in southern Utah is strong and growing stronger. Ken's influence with local elected officials, key community stakeholders, and professional planners continues to fortify the role of planning in decision making and governance at every level.

Ken is truly a planning pioneer in southern Utah. Local communities and the planning profession have both benefitted from his work and leadership."

Congratulations to Ken on the recognition by planning peers in Utah. (Gary Zabriskie, Director of Community and Economic Development)

## Staff Spotlights



**Amy Brinkerhoff, Volunteer Coordinator**

The Volunteer Center of Iron County welcomes Amy Brinkerhoff as the new Volunteer Coordinator. Amy started at the Volunteer Center in September and is working hard to get to know the programs, volunteers and stations in Beaver, Garfield and Iron counties.

Amy is from the West, having lived in Colorado, Nevada, Idaho, Utah, Oregon, and then Utah

again. She graduated from high school in Idaho and then attended Brigham Young University where she graduated with a degree in Sociology. Upon graduation, Amy served an LDS mission in the Philippines. After returning from the Philippines, she spent several months in Oregon with family before accepting a position as an AmeriCorps VISTA at Southern Utah University. At SUU, Amy developed community partnerships for the Community Engagement Center, working extensively with Iron County Holiday Assistance and other organizations to help recruit volunteers. Additionally, she worked to develop volunteer recruitment videos to help students become informed on the volunteer needs of the community.

She has been in Cedar City since November of 2010. In August of 2011, Amy married Justin Brinkerhoff, a native of Cedar City.

At the Volunteer Center, Amy works with the Senior Corps programs, (RSVP, Senior Companions and Foster Grandparents) in addition to community events and the Senior Health Insurance Information Program (SHIIP). Please feel free to contact Amy at the Volunteer Center 435-867-8384 if you have any questions or concerns.

## Living Well with Chronic Disease

In March 2010, the Five County Association of Governments received a grant through the Administration on Aging to train and hold workshops on Chronic Disease Self Management from Stanford University. In Utah, the program is called "Living Well". The program teaches individuals with chronic conditions to self manage, by teaching skills that assist them to cope with the day to day process of their chronic condition. Continuous health problems affect an individual's physical, mental and spiritual self. Staff at Stanford University developed this training to assist with basic ideas to improve the lives of those who struggle with their health. The facilitators have been trained, but they, too, have a chronic health condition or have been or currently are caregivers for someone with health problems.

This is a six week course, each session is two and one half hours long. The instructors discuss managing symptoms, problem solving and give feedback. Strong emotions are difficult topics for individuals with health problems to discuss and are addressed during the workshop. Another topic discussed is fitness and exercise and what can be done with limited mobility. The

facilitators also discuss better breathing, pain management, fatigue and meditation. A Self Management Tool Box is provided for each attendee. When we fix a shelf, we may need a hammer, screw driver and nails, but if we use only the hammer, the shelf will not be secured properly. This analogy is true with our health. When we are in pain and we only participate in deep breathing, it may not always help us. It is good to have multiple tools to manage our symptoms.

The workshops are being offered throughout the Five County area and are held at senior centers, city office buildings and local churches. The schedule for the winter and spring season is outlined below. We request that you get the word out in all of our communities.

For more information or to sign up for one of the classes in your community, call Carolyn Moss at the Five County Association of Governments 435-673-3548 or 1-800-705-1699.

Location/Address	Class Schedule
<b>Cedar Senior Center</b> 489 East 200 South Cedar City, UT	Wednesdays Jan 18 - Feb 22 1:00 - 3:30 p.m.
<b>St. George Senior Center</b> 245 North 200 West St. George, UT	Wednesdays Jan 18 - Feb 22 1:00 - 3:30 p.m.
<b>Hurricane Senior Center</b> 56 West 450 North Hurricane, UT	Tuesdays Feb 7 - Mar 13 1:00 - 3:30 p.m.
<b>Enoch City Office</b> 900 East Midvalley Road Enoch, UT	Wednesdays Feb 29 - Apr 4 1:00 - 3:30 p.m.
<b>IHC - Dixie Regional Health &amp; Performance Center - 2<sup>nd</sup> Floor</b> 652 S. Medical Center Dr. St. George, UT	Fridays Mar 16 - Apr 25 1:00 - 3:30 p.m.
<b>St. George Senior Center</b> 245 North 200 West St. George, UT	Wednesdays Mar 21 - Apr 25 1:00 - 3:30 p.m.
<b>Beaver Senior Center</b> 81 East Center Street Beaver, UT	Wednesdays Apr 11 - May 16 10:00 - 12:30 p.m.
<b>Dammeron Valley Community Center</b> Dammeron Valley, UT	Wednesdays May 2 - Jun 6 1:00 - 3:30 p.m.
<b>IHC - Dixie Regional Health &amp; Performance Center - 2<sup>nd</sup> Floor</b> 652 S. Medical Center Dr. St. George, UT	Fridays May 16 - June 15 1:00 - 3:30 p.m.
<b>Kanab Senior Center</b> 56 West 450 North Kanab, UT	Wednesdays May 23 - Jun 27 1:00 - 3:30 p.m.
<b>Panguitch Senior Center</b> 7 North 40 West Parowan, UT	Thursdays May 24 - Jun 28 1:30 - 3:30 p.m.

## “Navigating Your Rights: The Utah Legal Guide for Those 55 and Over”

According to a study of cases reported to Utah Adult Protective Services, Utah seniors are being exploited out of \$7.7 million a year; unreported cases push that number up as high as \$339 million per year (almost \$1 million a day). However, Utah is at the forefront of this alarming issue. On October 28th, The Five County Area Agency on Aging, part of the Five County Association of Governments, and the St. George Senior Center hosted an open house and book launch for a newly released book “Navigating your Rights: The Utah Legal Guide for Those 55 and Over”.



The Honorable Olene Walker, Former Utah Governor

Former Utah Governor Olene Walker, who wrote the foreword to the book, spoke at the event, along with Jillenne Gunther, MSW, J.D., author of the book and the Legal

Enforcement

Counsel for the Utah Division of Aging and Adult Services (DAAS). The Honorable Olene Walker commended Ms. Gunther for her determination and hard work in producing the first book of its kind in the nation. She also thanked the many volunteers who spent countless hours assisting in the research and development of the book.

Ms. Gunther spoke of how she became a strong advocate for the legal rights of seniors at a young age when providing care for an elderly neighbor. With a passion for social work and as an



Ms. Jillenne Gunther, MSW, J.D., Author of the Book

attorney by trade, Ms. Gunther decided to make the law accessible to those over 55 through the development of this legal resource guide. Special thanks was also given to the Bank of American Fork for their generous financial contribution which made it possible for free copies of the book to be available to seniors across the State of Utah. Participants were provided a copy of the

book signed by the Honorable Olene Walker and Ms. Gunther.

“Navigating Your Rights, The Utah Legal Guide for those 55 and Over” came about after 6 years researching and exploring practical ways the law can help those over 55 navigate rights, benefits, and resources. This free, state-published book equips seniors and caregivers on preventing and fighting financial exploitation; navigates seniors through a variety of subjects; and answers over 200 legal questions often asked by seniors and caregivers on subjects like Social Security, Medicare, estate planning and consumer rights. Caregivers and seniors can receive a free copy of the book by contacting The Utah Division of Aging and Adult Services, 1-877-424-4640, visiting <http://legalguide55.utah.gov> (to order, read or download a copy), or visiting a Utah Public Library.

## Caregiver Program

Caregiver training and education classes are held on a monthly basis and are open to anyone who is assisting a loved one with health problems. The March meeting in both Cedar City and St. George will feature Kym Ney from the State of Utah who will be discussing Nursing Home Medicaid and what to do when you can no longer care for someone in their own home. Kym is with the Department of Workforce Services and is an eligibility supervisor for the Long Term Care Unit.

Caregiver Class Schedule 2012		
St. George Class Cliff View Assisted Living 2 <sup>nd</sup> Thursday @ 1 pm	Hurricane Class Hurricane Care & Rehabilitation 3 <sup>rd</sup> Tuesday @ 2 pm *(exception noted in bold)	Cedar City Class Emerald Pointe Assisted Living 2 <sup>nd</sup> Friday @ 1 pm
Jan. 12, 2012	Jan. 17, 2012	Jan. 13, 2012
Feb. 9, 2012	Feb. 21, 2012	Feb. 10, 2012
March 8, 2012	<b>March 8, 2012*</b>	March 9, 2012
April 12, 2012	April 16, 2012	April 13, 2012
May 10, 2012	May 15, 2012	May 11, 2012
June 14, 2012	June 19, 2012	June 15, 2012
July 12, 2012	July 17, 2012	July 13, 2012
August 9, 2012	August 21, 2012	August 10, 2012
Sept. 13, 2012	Sept. 18, 2012	Sept. 14, 2012
October 11, 2012	October 16, 2012	October 12, 2012
Nov. 8, 2012	Nov. 20, 2012	Nov. 9, 2012
Dec. 13, 2012	Dec. 18, 2012	Dec. 14, 2012

Seasons  
Greetings



## ***Kane County Public Safety Facility***

On Wednesday, November 2, 2011 Kane County held a special ribbon cutting ceremony and open house for their new Public Safety Facility.

The 180 bed state of the art facility, located near the Kaneplex rodeo grounds south of Kanab ushers in a new chapter in the history of Kane County.



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 website at: [www.fivecounty.utah.gov](http://www.fivecounty.utah.gov)

### **Steering Committee Meeting Schedule:**

**Wednesday, January 18, 2012 - 1:00 p.m.**  
Five County Association of Governments  
Conference Room - 1070 W. 1600 S.,  
Building B, St. George, UT

**Wednesday, February 8, 2012 - 1:00 p.m.**  
Kane County Emergency Services Training  
Facility/Search & Rescue Building  
30 West Airport Drive  
Kanab, UT

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



**Merry Christmas and Happy New Year!**