



# FIVE COUNTY NEWS FROM 'R' VIEW

VOLUME III NUMBER 5

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## Director's Dialogue:



Kenneth L. Sizemore, Director of the Community & Economic Development Division at the Five County Association of Governments was deployed earlier this year and is serving on active duty with the 141st Military Intelligence Battalion.

He is deployed in Iraq/Kuwait in support of Operation Iraqi Freedom. He returned home in early July on a short emergency leave to be with his wife Barbara while

she underwent surgery but returned back with the troops in the field immediately thereafter. It was good seeing him during his short stay. Ken is anxious to return to the FCAOG but we know that our country has called him to serve in this manner at this time.

This summer Ken has reported experiencing up to 140 degree temperatures along with frequent dust storms. In a recent letter Ken said, "We haven't seen rain since May! It's still warm, but not so bad, only 125!" That certainly gives Ken a different perspective on Dixie's heat and Southern Utah's drought.

The FCAOG looks forward to Ken's safe return, as well as the other troops from our region deployed in service to our country. Ken will have many stories to tell about his experiences there. We wish our best to Ken's wife Barbara and their family during Ken's absence. E-mails of encouragement to Ken can be sent to this e-mail address: [ksizemore@fcaog.state.ut.us](mailto:ksizemore@fcaog.state.ut.us)

Letters via regular mail can be sent to Ken as well. Please visit the FCAOG web site: <http://www.fcaog.state.ut.us> for Ken's most current mailing address.

## Caregiver Support Program

"I took a vow when we got married 54 years ago, and I intend to carry it out. My only fear is that I will die from exhaustion before she does, and who will care for her then?" According to the most recent National Long Term Care Survey, over 7 million people are informal caregivers. To replace the work of Caregivers with paid home care, the estimated cost would be between \$45-94 billion per year. On average caregivers spend 24 hours per week providing assistance.

In an effort to support Caregivers, The National Family Caregiver Support Program was developed under Title III-E of the Older Americans Act. This constituted the first major nationwide program initiated under the Older Americans Act since the 1970's. The program called for all states working in partnership with the Area Agency on Aging (AAA) and local community-service providers, to offer five basic services for family caregivers.

The five components are:

- \* Information to Caregivers about available services;
- \* Assistance to caregivers in gaining access to supportive services;
- \* Individual counseling, support groups, and caregiver training to assist caregivers in making decisions and solving problems relating to their caregiver roles;
- \* Respite Care to temporarily relieve caregivers from their responsibilities; and,
- \* Supplemental services, on a limited basis, to compliment the care provided by the caregivers. The State of Utah has defined services under this category to include assistive devices, environmental accessibility, medical supplies and equipment, legal, financial and replacement services.

As the designated Area Agency on Aging for Southwestern Utah, The Five County Association of Governments is responsible for administration of the Caregiver Support Program. Caregivers of adults 60 years of age or older, or a Caregiver 60 years of age or older caring for a person with mental retardation or related developmental disabilities are eligible to receive the following services: Information, assistance, counseling, support groups or training. In order to receive respite or supplemental service, the care-receiver must be unable to perform at least two activities of daily living in addition to meeting the other eligibility criteria. There are no income/asset eligibility guidelines; and no fees for services under this program.

As part of the Five Components of Service provided by the Five County's Caregiver Support program, we also send out a Monthly Caregiver Newsletter and distribute Caregiver Handbooks which provide information and resources to assist caregivers. We also have available a Lending Library with information and resources that caregivers can access. A staff of trained Case Managers are available to provide assistance to caregivers in accessing services and resources, provide training and assist in setting up Respite support. In an effort to educate and inform the community regarding services and resources available to caregivers we offer in-services, trainings, attend Health Fairs and other community events. Our goal is to continue to enhance and develop resources and services that will assist and improve

the lives of Caregivers. For more information or to access services you can contact Carrie Dennis at 435-673-3548. (Carrie Dennis)

## Staff Spotlights:



**Todd Ille** has joined the staff at the Five County Association of Governments as the newest crew member with the Weatherization Program.

Todd was raised in Monroe, Utah. He has a wife, Kim, and four children, Jason, Jamie, Cody, and Heather. He moved to Cedar City in 1986 to attend Southern Utah University where he received an Associate of Applied Science degree in 1992.

Todd enjoys lending a helping hand. He also loves outdoor activities such as hunting, fishing, camping and four wheeling. He looks forward to many years of continued service working as a Five County Association of Governments team member.



**Donna M Rode** is the newest addition to the Volunteer Center's staff. Her job, and her goal, is to make life a bit easier—if possible—for both Collene and Linda. She is unsure how she is going to fill Collene's shoes for the Senior Companion, Foster Grandparents, and VISTA programs, but will do her best.

Donna and her husband, Bil (yes, he spells it with one "l") are new to the St. George area, only pulling into town on September 6th of this year. Born and raised in Modesto, California, she met her husband in San Diego. Sitting in the commute traffic heading home from work one day, they decided there must be better things to do with the 10 hours every week spent sitting in a car on a freeway going nowhere. So, they moved to Bellingham, Washington, a St. George-sized town in the very NW corner of Washington—20 miles south of the Canadian border—where Bil had gone to college. While working for the same non-profit professional society, they got married on their lunch hour. They are currently the proud "parents" of two beautiful cats who rule the household.

Although Bellingham is very beautiful, this beauty comes with a price tag: rain, lots of clouds, and cool weather much of the year. Both Donna and Bil are runners,

cyclists, and, when absolutely necessary, swimmers; and training in winter clothing well into June just got too old. So they started investigating warm-weather towns. They settled on St. George for it's weather, local marathon, and size... and the hiking possibilities in the area are a huge bonus.

Her biggest accomplishment is completing the Ironman Wisconsin Triathlon (2.4-mile swim, 112-mile bike, 26.2-mile run) on September 15, 2002. She didn't learn anything from doing that triathlon and is signed up to do another one, Ironman Canada (Penticton, British Columbia), in August 2004.

## *Consolidated Plan Update 2004*

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. HUD also requires that an Affirmatively Furthering Fair Housing Plan be completed. This Plan identifies impediments to fair housing choice for all persons regardless of race, sex, source of income, age, disability, familial status or national origin.

The Consolidated Plan includes all capital improvement priorities in the Five County region for fiscal year 2004-05. These priorities are listed in the One-Year Action Plan and the Five-Year Strategy. The One Year Action Plan is a list of community, economic and housing development priorities that members of the Five County Association of Governments plan to achieve during the fiscal year. Communities, counties and other affected private/public agencies are encouraged to utilize this document in budgeting and other policy-making activities. This plan encourages local coordination and describes community and regional priorities.

The Consolidated Plan provides a foundation for all community, economic and housing development activities, goals, policies or programs associated with the Five County region.

The Five-Year Strategy provides information and data regarding the needs of community, economic and housing development for the next five years (2004-2009).

A separate mailer has been sent to entities in the Five County region regarding specific items required for the Plan update and directions for entities to follow to accomplish these tasks. If you have questions regarding this mailer, please contact Diane Lamoreaux at 435-673-3548.

## Support Services Case Management

*Why are we here, who are we helping, what are we helping them to become, and how will we know and describe success, both theirs and ours?* The Support Service Case Management Program was a continuation of the original Welfare to Work grant. Staff assisted in transitioning Support Services Case Management work efforts from a temporary grant effort to long term programming within the Human Services Unit of the Five County Association of Governments.

The Support Services Case Management program has currently received calls from families in Iron, Beaver, Garfield and Washington County. With more than 3,146 low-income families in the 5-County region, the program is enjoying great support and growth. Support Services Case Management staff believes the job of a mother or a father raising a child is perhaps the most important job in our society. And that the well-being of the mother/father is crucial not only to the well-being of the children, but also to the family, to the community, and to our society. In this sense, mothers/fathers can be seen as the roots of our society. Therefore, by providing Support Services to low income families that assist them in maintaining jobs and retaining employment, the benefit ripples out to all levels of society. Support Service staff work with each client on an individual basis to identify and access supportive services in the community along with assisting them in finding ways to cope with crises that often get in the way of achieving employment objectives. The program's client-centered intake focuses the assessment and the intervention on the needs and problems identified by the client so they can set employment goals and develop plans that aid them in becoming self sufficient.

The major focus of Support Services Case Management self-sufficiency agenda is job retention and employment placement. In 2002, the program accomplished a commendable job in placing 27% of clients in employment and assisting 51% in maintaining employment. Support Service Case Management staff seek out low-income residents whose work attitudes are strong, and who need support and knowledge to overcome barriers. Other focuses would include increasing agency capacity, advocacy and community development, collaboration and partnerships and the successful achievement in outcomes attributed to such. Comprehensive data collection and management is the key to showing our program's success. Some of the programs critical outcome measures typically include job placement rates, employment retention rates, and wage rates. Tracking our clients is an important way to show not just that we have spent public money on the activities for which it was designated, and not just that we have been efficient in serving as many people as possible with the available funds, but also that the statutory goals of the programs are being met and that recipients are better off as a result.

What families are eligible to participate in the Support Services Case Management program? We work primarily with families below 125% of poverty level. Staff utilizes a screening assessment to assist them in identifying eligible

consumers profiled to need assistance in gaining and/or maintaining employment, and who are also willing to accept Support Service assistance. Program work with clientele is designed to be limited and short term with the focus on transitioning consumers to the most appropriate agency offering longer term Case Management.

What service linkages are provided through the Support Services Case Management program? Employment, Child care, Transportation, Education, Mental Health and substance abuse treatment or counseling, Household skill training, Medical, and Housing.

### Samantha's Story: Overcoming Multiple Barriers to Work

"Samantha," is a 37 year old single mom who entered the program in January 2002. She had been diagnosed with a mental illness disorder and had substance abuse and domestic violence barriers. Due to her symptoms, she believed she had limited employment options. She has an associates degree, but had only been employed sporadically in the previous 4 years. When Samantha began participating in our program, she was not working, had difficulty leaving her house, and had very few social supports. She reported feeling "frustrated, isolated, and lonely." However, despite her illness and the accompanying frustration, she was always clear about wanting to be self-sufficient. Initially, Samantha worked eagerly with Support Service case management staff to complete the assessment and set employment goals. Shortly thereafter, her concern that her mental health limitations would prevent her from keeping her employment commitments led her to cancel scheduled meetings. Staff met with Samantha in her apartment and developed a plan that would enable her to gradually increase her participation as well as her supports in the community. When the plan for self-sufficiency was broken down to achievable, incremental steps, Samantha was able to begin to experience several small successes that eventually overcame her immobilizing barriers. Samantha worked with her doctors to attend therapy, substance abuse counseling and domestic violence support groups. Soon Samantha signed on with a local employer and began working 10-15 hours a week. Maintaining a job helped her build confidence. She soon reached the goal outlined in her employment plan and because of her demonstrated skills and abilities at her temporary position, she was offered a full-time permanent position. Currently Samantha is celebrating her transition off of welfare, she is making \$13.00 per hour and has purchased a vehicle.

The continuation of Support Services Case Management is aimed at being a residual legacy of our competitive WtW grant for many years to come. (Anna Shingleton)

**Senator Orrin and Mrs. Elaine Hatch  
Host**

**The Southern Utah Seniors Conference  
"SENIOR SUNSHINE SEMINAR"  
Monday, November 3, 2003  
Dixie Convention Center  
1835 Convention Center Drive  
St. George, Utah**

Registration 8:45 - 9:45 a.m.

Conference 10:00 a.m. - 2:00 p.m.

Workshop topics include:

Scams, Don't Be Afraid to Say No!

Medicaid/Medicare

Take Two Chocolates and Call Me in the Morning

Living With and Caring For Those With Alzheimer's

History of Washington County

The Dixie Regional Medical Center

Cost is \$5.00 per person and includes conference materials and lunch. For further information or to obtain a registration form, please contact Jeannine Holt or Maureen Casper at 435-634-1795.

Please submit articles to Diane Lamoreaux via e-mail (dlamoreaux@fcaog.state.ut.us) 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://www.fcaog.state.ut.us>

**Steering Committee Meeting  
Schedule:**

**Wednesday, October 8, 2003, 1:00 p.m.**  
Parowan Public Library, Meeting Room  
16 South Main Street; Parowan, UT

**Wednesday, November 19, 2003, 1:00 p.m.**  
Five County AOG Office, Conference Room  
1070 West 1600 South, Building B  
St. George, UT

**FIVE COUNTY ASSOCIATION OF GOVERNMENTS  
1070 WEST 1600 SOUTH, BUILDING B  
P.O. BOX 1550  
ST. GEORGE, UTAH 84771-1550**