

COMMUNITY CALENDAR

August

28 Rockapella in Concert @ Thanksgiving Point, 8- 10 pm

September

3 Computer classes @ Provo Library, 7 pm

3-5 Timpanogos Storytelling Festival @ various locations and times

7 Labor Day Luau @ Thanksgiving Point, 5:30 pm

4-7 Payson City Onion Days @ Memorial Park, various times

16 7 Habitos de Nutricion @ Provo Library, 7 pm

**“A wise man
will make more
opportunities
than he finds.”
-Francis Bacon**

**September’s Host:
Utah County Health Dept
151 South Univ. Ave.
#1610
Provo, UT
Thursday, Sept 17th
3 pm**

D I D Y O U K N O W ?

- Intermountain Healthcare new facility the Dixon School Medical Clinic is located at 750 W. 200 North in Provo. The health center provides medical care for people of all ages. Medical services provided at the clinic include: general check-ups, physicals, basic medical, immunizations, pediatrics and care for chronic conditions such as asthma and diabetes. Fees are on a sliding scale based on income and family size. Hours are Monday from 11 am– 7 pm, Wednesday and Friday from 7:30 am– 4 pm. Please call (801) 357-5757 to schedule an appointment.
- Wasatch Mental Health is a wellness recovery clinic that provides short-term mental health services to clients without insurance coverage. It is always in need of volunteer psychiatrists, licensed psychologists, licensed social workers, professional counselors, marriage and family therapists, etc. Internship opportunities are also available. For more information or to volunteer, please contact Mellie DeYoung at United Way of Utah County at 801-691-5359.



**United Way of Utah County
Information & Referral
P.O. Box 135
Provo, UT 84603**

CONNECTIONS



AN INTERAGENCY NEWSLETTER FROM UNITED WAY OF UTAH COUNTY

AUGUST 2009

MOUNTAINLAND ASSOCIATION OF GOVERNMENTS

“Mountainland Association of Governments (MAG) provides Aging and Family services including in-home health care and home-delivered meals. MAG also provides data, technical services and other support for transportation and community planning and economic development for the counties and cities in the region.”

Home-delivered meals is referred to as the Meals-On-Wheels program, which provides nutritious lunches to homebound individuals 60 years of age or older. Homebound is defined as someone who is unable to leave their home without assistance. Fees are not charged for this program, however, a donation of \$2.25– \$2.50 is suggested depending on the county.

The Retired Senior Volunteer Program (RSVP) allows individuals 55 years and older to become actively involved in their community. The mission of the Corporation is to “improve lives, strengthen communities and foster civic engagement through service and volunteering.” RSVP coordinators match individual skill sets

and interests to volunteer in areas such as schools, hospitals, museums, senior centers, etc.

A caregiver is someone who provides non-professional support for an elderly individual such as shopping, transportation, personal care, etc. MAG facilitates monthly caregiver classes at various locations in Utah County. Classes provide caregivers with information

for local services, websites and other publications. In addition, MAG hosts various activities such as “Caregiver’s Night Out” and “Lunch Bunch” groups to offer support for those who are caregivers.

Another service that is offered by MAG is health insurance counseling. Counselors are able to assist elderly individuals in understanding health insurance options through Medicare, Medicaid, supplemental insurance, etc.

For complete information on programs and services offered by Mountainland Association of Governments, please call 801-229-3800 or visit www.mountainland.org/



Summer of Service

United Way of Utah County’s Summer of Service closed its program with an end of service celebration last week at the Kiwanis Park in Provo. Donors such as Pizza Hut, Macey’s, Smith’s and Shirley’s Bakery donated food for the event. Also, generous donors from the Provo Towne Centre mall, Shops at Riverwoods, Trafalga, Scera theatre, etc. donated items for a raffle drawing.

Thirteen projects were held throughout the summer, about once a week at various locations such as Courage Reins, Habitat for Humanity, American Fork Hospital, etc. On average, 19 volunteers were at each project, totaling more than 250 volunteers. Overall, about 515 hours were served as a part of this year’s “Summer of Service” projects.

Connections is published by United Way of Utah County 211 Information & Referral. Individuals who receive *Connections* are asked to share the newsletter with others within the office who work with clients or make referrals to other human service agencies. Feel free to post the newsletter in your office or distribute it at staff meetings. Please send any information to be published in *Connections*, including calendar items, by the 15th of each month to United Way of Utah County 211 Information & Referral, P.O. Box 135, Provo, UT 84603 or info@unitedwayuc.org or call 377-6600.