



Special points of interest:

- *Income Guidelines for the LIHEAP program are available on page 4.*
- *Acquire a home of your own through the "sweat equity program".*
- *Boy Scout Food Drives appreciates your generosity.*
- *The Area Agency on Aging has the answers you need.*
- *Head Start—a Good Beginning*

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EICAP in *ACTION*

Eastern Idaho Community Action Partnership



FROM THE EXECUTIVE DIRECTOR....

Russell Spain, CCAP

Welcome to the first issue of the Eastern Idaho Community Action Partnership (EICAP) Newsletter. If you have received a newsletter from us in the past it has either been an RSVP Newsletter or an Area Agency on Aging Newsletter or both. From this point forward those two will be combined into an EICAP Newsletter and will cover issues of the entire agency. We are excited about this change and we look forward to this quarterly contact with you and would appreciate your feedback.

In the last two years there have been a number of changes taking place in the way we operate as an agency and the interaction we have with all of you, our Community. We have in recent months hired a new RSVP Director, a new Director of the Area Agency on Aging and we have hired a Director of Grant Writing and Development. In addition, we have instituted an Employee Council made up of employee representatives from each of our programs. They will be giving the Leadership Team input about agency issues as they relate to employees. We have started to look at other public and private funding opportunities that will benefit those in poverty in our area.

In the last year we have completed the purchase of the Head Start Center in Blackfoot and the building of the Head Start Center in Rexburg. In addition we have upgraded the playgrounds in nearly all of our Head Start Centers to better meet the safety and play needs of the children.

EICAP is working locally and



at the state and national level to develop strategies to reduce or eliminate POVERTY. The recent release of information from the census bureau that poverty has been reduced in the last year is good news but at the same time a bit misleading. Poverty is 4% higher today than it was seven years ago. The way of determining the Poverty Guidelines each year has not been changed since they were instituted in 1964. Those guidelines only use a formula for determining what it costs for individuals or families of different sizes to purchase food during the year. The costs of housing, transportation, health care, child care are not included. If they were, the national poverty level would be off the charts. We all pay for poverty and we all need to have a hand in solving the issue locally, in our state and nationally. EICAP looks forward to working with you, our Community, toward that end.

We hope you enjoy this first issue of the EICAP Newsletter and look forward to your input in making EICAP a better agency helping individuals and families gain the tools they need to become self-sufficient.



What is a Community Action Agency?

Community Action Agencies (CAAs) are non profit private and public organizations established under the Economic Opportunity Act of 1964 to fight America's War on Poverty.

Community Action Agencies help people to help themselves in achieving self-sufficiency. Today there are approximately 1,000 community Action Agencies serving the poor in every state as well as Puerto Rico and the Trust Territories.

The service areas of community Action cover 96 percent of the nations counties. The agencies are connected by a national network that includes the Community Action Partnership national association, regional associations, state associations, a national lobbying organization, and a national association of Community Service Block Grant administrators.

CAAs are a primary source of direct support for more than 34.5 million people who live in

poverty in the United States. *

The majority of CAA program participants are extremely poor, with incomes below 75 percent of the federal poverty threshold, or \$9,735 for a family of three (the average family size for the client population.)**

The Community Action network serves approximately:

- 11 million individuals per year**
- 3.3 million families per year**

CAAs serve all regions and populations:

- 54% of CAAs serve rural areas
- 35% of CAAs serve areas considered both urban and rural
- 10% of CAAs serve urban area.

*Source: Census Bureau

**Source: The national Association for State Community Services Programs

"In the late sixties there was a lot of excitement in the area of social action. The country had embarked upon a "War on Poverty", the civil rights movement was in full swing, and Idaho Falls was not insulated from the world around."

Jack Viggers

What is EICAP?

Eastern Idaho Community Action Partnership (formerly EISSA) was started with a \$25,000 grant for a pilot senior project to provide services to the elderly in the community in 1968. The agency has grown significantly over the past 39 years. Currently operating at EICAP are the following divisions: Area VI Agency on Aging, Community Services, Head Start, Housing and Property Management, Mutual Self-Help Housing and Weatherization. As opportunities have become available or needs identified, EICAP's Board and leadership have taken on and met the challenges. Some of the unique programs that have been established at EICAP include the Haven Homeless Shelter, Homemaker Services, Community & Rural Transportation (CART), Project Help, Hands Helping Homes.

Our philosophy in addressing poverty conditions in our community is a vital part of

our history. The following is an excerpt of a letter from the founding Executive Director of EICAP, Jack Viggers on the occasion of our 35th anniversary.

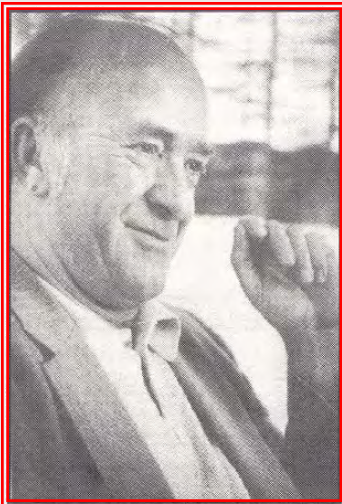
"In the late sixties there was a lot of excitement in the area of social action. The country had embarked upon a "War on Poverty", the civil rights movement was in full swing, and Idaho Falls was not insulated from the world around. Things were happening here as well. Two Methodist pastors and I had organized our own social action committee. I remember us, on a local access TV channel, trying, without much success, to stir things up. We had hoped we could generate a lively discussion of social issues, but either no one was tuned in, or everyone was turned off.

One result of our collaboration was a community wide conference aimed at the identification of community concerns. Senator Frank Church

was a speaker and the conference drew representatives of local government, churches, civic organizations, and social services agencies. A product of the meeting was the agreement that we needed to coordinate our efforts to avoid duplication and to fill in gaps in service. That understanding led to the formation of the Bonneville Inter-agency Council (BIC).

The council began to meet on a regular basis and was very serious in its effort to fulfill its mandate. Along about that time, the State Economic Opportunity Office/Office on Aging was looking for local groups to undertake projects that could use some of the funds the State was receiving from the Federal Government. So, BIC became grantee for a \$25,000 Senior Opportunities and Services project, which seemed like a good idea at the time. We formed a committee

(continued page 3)



What is EICAP? (continued)

to manage the project and we hired a director.

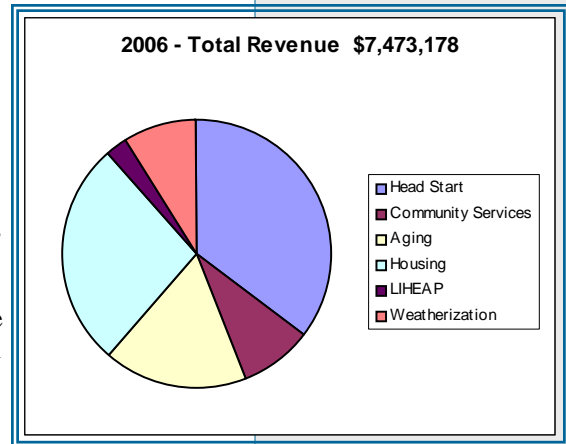
The first significant program was ECHO, a telephone reassurance aimed to serve elderly or disabled persons living alone. A daily contact gave assurance that help was available if needed. From that small beginning, an important contribution to the life of the community was grown.”

As EICAP became a more mature agency, our focus changed from only serving the elderly population to assisting all low-income and disadvantaged individuals in our communities. EICAP received its designation as a Community Action Agency in 1980. Unfortunately, the very next year Congress did not re-authorize the Economic Opportunity Act of 1964. Another quote from Jack Viggers explains the agencies reaction at the time: “It goes without saying, 1981 has been a traumatic year for all social services organizations...The largest blow felt was the failure of Congress to re-authorize the Economic Opportunity Act of 1964. By this action, in effect, the Federal Government surrendered in the war on poverty. The spectrum of poverty in the midst of plenty has become an acceptable condition – at least for now.” It’s interesting how history can repeat itself as we faced another threat to funding in 2006.

EICAP serves the eastern counties of Idaho: Bonneville, Butte, Clark, Custer, Fremont, Jefferson, Lemhi, Madison and Teton with some programs available in Bingham. We employ more than 100 people from those counties, making us a vital part of the economy of eastern Idaho. At our audit of 2006, our agency reported revenue in excess of 7.4 million dollars.

The “Promise of Community Action” is practiced everyday by the EICAP staff and Board of Directors:

Community Action changes peoples lives, embodies the spirit of hope, improves communities, and makes America a better place to live. We care about the entire community, and we are dedicated to helping people help themselves and each other.



EICAP was incorporated in 1971 to help the people of our service area

EICAP’s Mission and Vision

Mission

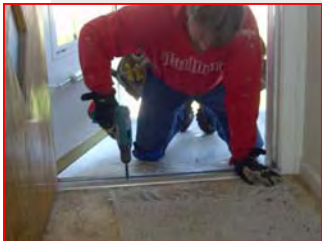
Eastern Idaho Community Action Partnership is an agency helping to empower all people in our communities to achieve maximum self-sufficiency and independence.

Vision

Eastern Idaho Community Action Partnership is widely recognized by the public as an organization that makes a difference in peoples’ lives. EICAP creates opportunities for all people to reach their highest level of independence and self-sufficiency. EICAP Board of Directors, staff and volunteers work together to expand our role and impact in the community by responding to local needs.

EICAP will be celebrating 40 years of service to eastern Idaho in 2008—watch for events you can participate in!

“Weatherization alleviates the heavy energy burden on low income households and helps them become self sufficient, it revitalizes communities by spurring economic growth and reducing environmental impacts.”



WEATHERIZATION

The Weatherization Assistance Program reduces energy costs for low income households by increasing the energy efficiency of their homes, while ensuring their health and safety. The program provides energy efficiency services to more than 200 homes every year. These services reduce the average annual energy costs by \$218 per household.

The program prioritizes services to the elderly, people with disabilities, and families with children. These low income households are often on fixed incomes or rely on income assistance programs and are most vulnerable to volatile changes in energy markets. High energy users or households with high energy burden may also receive priority.

By reducing energy consumption in low income homes, Weatherization re-

duces the export of local energy dollars and keeps more money in the community. It improves energy affordability, making housing more affordable. This reduces cases of homelessness and frequent forced mobility, and lowers demand for public assistance. It also decreases electricity generation and resulting pollution. This improves local air quality and reduces adverse health effects, particularly asthma.

State certified weatherization crews use computerized energy audits and blower doors to determine the most cost effective measures appropriate for each home. Typical measures may include installing insulation; sealing ducts; tuning and repair of heating and cooling systems; mitigating air infiltration; and reducing electric base load consumption.

Weatherization crews also perform health and safety tests that may include, testing heating units and appliances for combustion safety, carbon monoxide, and gas leaks; assessing moisture damage; replacing unsafe heating and cooling systems; repair or replacement of water heaters; window and door replacement; storm



windows; and installing smoke and carbon monoxide detectors. Weath-

erization alleviates the heavy energy burden on low income households and helps them become self sufficient, it revitalizes communities by spurring economic growth and reducing environmental impacts. For every \$1 invested, Weatherization returns \$2.79 in energy and non energy related benefits.

ENERGY ASSISTANCE Season starts soon....

The Low Income Home Energy Assistance Program (LIHEAP) helps families during winter months with a benefit to their heating source that can amount to as much as two months of heating costs.

LIHEAP is an income based program that targets households with elderly, young children and disabled individuals.

People that are on a low and fixed income (Social Security income, for example) can really benefit from this program. For some of these individuals, it can mean the difference between buying groceries or turning the thermostat down so low that they always have to be wrapped up in a blanket during the winter. Seri-

ous health issues can occur when thermostats are kept that low.

If you or someone you know could use a little extra help with heating costs this winter, call or stop by our offices after October 22nd and we can schedule an appointment. We have offices in Idaho Falls and Salmon, but we will be in the communities in all of the following counties: Bonneville, Butte, Clark, Custer, Fremont, Jefferson, Lemhi, Madison and Teton. Our phone number is 522-5391 (or 756-3999 in Salmon). Our address in Idaho Falls is 357 Constitution Way and in Salmon, 955 Riverfront Drive Ste. A.

LIHEAP Income Guidelines

Family Size	Monthly Income
1	\$ 1,277
2	\$ 1,711
3	\$ 2,147
4	\$ 2,582
Each additional member	\$ 435

MULTI-FAMILY HOUSING

Eastern Idaho Community Action Partnership owns and manages eight apartment properties located in St. Anthony, Rexburg, Idaho Falls, Arco and Blackfoot.

Three of the properties are family housing and provide housing for low and very low income individuals and families.

The other five properties are designated as Senior Housing and provide housing for individuals and families whose head of household is 62 or over or disabled or handicapped. Residents in both senior

and family properties pay approximately 30% of their monthly income for rent. Before the rent amount is calculated deductions are made to annual income for medical and certain other necessary expenses.



EICAP manages eight apartment properties in Eastern Idaho.

MUTUAL SELF-HELP HOUSING (MSHH)



Eastern Idaho Community Action Partnership's Self-Help Housing is an opportunity

for people without resources for a cash down payment to fulfill the dream of homeownership. The program is intended to help eligible families build their own homes by working cooperatively with other families on each others houses. Participants' labor serves as the down payment in the form of "sweat equity". At time of move-in, before mortgage payments begin, homeowners will

have approximately \$20,000 in equity.

Self-Help homes are designed to be affordable and energy efficient. All homes are three or four bedrooms, have two baths and a double car garage. Construction loans and mortgages are provided by USDA Rural Development.

Currently construction is underway on homes located in Bingham County and Jefferson County.

Hard work is the key to success in this program, along with a willingness to work cooperatively with others who share the common goal of homeownership.

For more information on either multi-family housing or Mutual Self-Help Housing visit our web site at www.eicap.org or call 208-522-5391 and ask for the Housing Department.

Many Thanks.....

It was a privilege to work with so many competent and caring people on the recent **Uptown Trailer Park Resident's Relocation Project**. Because of their help we were able to relocate fifty-three resident families into suitable apartments, trailers, or to purchase a home. I would like to thank the City of Idaho Falls, who provided the \$50,000.00 grant money for this project. Also, Salvation Army, who let us use their facility for our community information meetings. And the following persons who generously donated their time and talents: Russ Spain, Sheryl Bailey, and Pam Hewit from EICAP, Barb Dahl-Solinsky, H&W; Joel Gramirez, Community Council of Idaho; Lee Staker, Bonneville County; Russ & Jena Salazar, The Home Specialists, Kire Madsen, Legacy Mortgage; and Dave Andersen, Security First Mortgage .

Andrea Leander, Se Habla Espanol

Participants' labor serves as the down payment in the form of "sweat equity".

Thank you!

- City of Idaho Falls
- Salvation Army
- EICAP staff
- Barb Dahl-Solinsky
- Joel Gramirez
- Lee Staker
- Russ & Jena Salazar
- The Home Specialists
- Legacy Mortgage
- Security First Mortgage

VOICE

Volunteer!

*Be an Ombudsman
for the Elderly*

Do you know a caregiver who needs "relief" from their situation? Check out our free Respite Services.

Please RSVP
for Recognition
Banquet by
October 10th.
522-5370 Ext.
1052.



Agency

"I believe Eastern Idaho can be a Volunteer Mecca for retirees and seniors from throughout America."

Area VI Agency on Aging



The Older Americans Act provides for coordination of services to individuals, 60 years of age and older, living in the nine county service area of the Area VI Agency on Aging (AAA): Bonneville, Butte, Clark, Custer, Fremont, Jefferson, Lemhi, Madison and Teton.

- Adult Services
- Caregivers Support Group
- Congregate Meals/Home Delivered Meals
- Grandparents Raising Grandchildren
- Homemaker Services
- Respite Services
- Transportation
- Legal Assistance
- Information and Assistance
- Ombudsman for the Elderly
- VOICE (Volunteer Ombudsman Improving Care for the Elderly)
- RSVP (Retired and Senior Volunteer Program)

These services are available throughout Area VI. AAA's Information and Assistance office can tell you which services are available in your community and which ones require a fee for service.

In future newsletters, we will tell you in detail about each program.

For further information contact Emily or Sara with Information & Assistance at 522-5391.

***Assistance, Advocacy
and Answers on Aging***

Retired & Senior Volunteer Program (RSVP)

"Simplicity in Serving" highlights the theme for the October 13 RSVP Idaho Falls and Upper Valley Awards and Recognition Banquet. The event will be staged at 12 noon Saturday October 13 in the Bennion Student Union Building at 1784 Science Center Drive (University Place). The annual event offers an opportunity to commend and salute the selfless service of the hundreds of Idaho Falls and Upper Valley volunteers who provide so many vital services to their communities. For more information contact Debby Dyslin in the RSVP office at 208-522-5370 ext. 1052.

John Parsons is the new Director of the Eastern Idaho RSVP. During the past seven years, he logged more than 4,000 hours as a USDA Forest Service volunteer. He hopes to enlist the upcoming surge of Baby Boomer retirees in Eastern Idaho volunteer service. "I am bringing to the position some new and creative ideas about volunteerism," Parsons said, adding, "I believe Eastern Idaho can be a volunteer Mecca for retirees and seniors from throughout America." RSVP will have an expanded section on the EICAP website soon.

Visit <http://www.eicap.org/rsvp>

to learn about local volunteers and their activities. You may also download various RSVP forms. Check back often as new features are being added every week. RSVP is now active on the website "volunteermatch.org." Eventually, every local RSVP volunteer opportunity will be listed on this website. For more information email: rsvp@eicap.org

Jim Dennis is the VISTA Volunteer who's working to facilitate Inter-generational mentoring and tutoring. Jim is recruiting volunteers through RSVP to help youth in the 7th through 12th grades achieve improved success and self esteem. Jim's enthusiasm is contagious. If you've ever wanted to find a way to help our young people, Jim's the man to help find a way to use your energy and talents.

Boy Scout Food Drive

The Boy Scout Food Drive will be held on Saturday, October 27th, 2007. Look for the Melaleuca bags at your door the week before. EICAP is the Upper Valley Clearinghouse for the donated food in most of Eastern Idaho. The food is brought to our warehouse, sorted by our volunteers, stored and then re-distributed to food pantries and soup kitchens throughout our service area. Please give generously. In 2006, EICAP distributed more than 190,000 pounds of donated food to pantries and kitchens.



We would like to take this opportunity to ask for an increase of donations in the following categories: Fruit, canned meat (tuna, SPAM), canned one meal items (chili, stew) and baby food/formula. We always run out of fruit and canned meat long before the vegetable items.

Anything you give is much appreciated. If for some reason you are not able to donate food on October 27th, you can bring it by our warehouse at 590 W. 19th St., Idaho Falls, our Salmon Food Bank at 955 Riverfront Dr. Suite A, Salmon or the Boy Scout offices at 574 4th St., Idaho Falls.

An increase in donations of fruit, canned meat (tuna, SPAM), canned one-meal items (chili, stew) and baby food/formula is needed.

HEAD START... Playing How Children Learn

There is a saying that children learn best through play. With five new or remodeled playgrounds Head Start shows we believe that saying. With the support of Region X Head Start and the CHC Foundation children have state of the art playgrounds for growing, learning and exercising. The new playgrounds give children a chance to develop their large muscles and learn social skills that will serve them in their later years. Children can play alone to master new techniques for moving their bodies through space, or work with a friend to master a different way of using a familiar toy. Children in Head Start play outside for 30-45 minutes each day. It

gives them a chance to learn first hand about weather, dressing appropriately, and how to get dressed in winter clothes (zipping and buckling, keeping track of both mittens!)

Children see nature up close and personal. In Rexburg they are developing a butterfly garden where they can watch how butterflies develop throughout the year. In Salmon the teachers saw a bear playing on their playground, maybe it will come back some day so the children can see it from the safety of their classroom.

Kathy Little, a Center Manager with our program has gone to several trainings to be a Certified

Playground Safety Specialist. She worked all summer to get the playgrounds ready for action this fall. She has also helped develop the Salmon City Park playground.

Thanks to Kathy and her whole team Des Yarrington of Recreation Idaho, Doug Evans of Evans Recreation, Richard Wood, Tyler Rieck and Daniel Charboneau. These men all donated either time, money, or machines to the playground effort.

Thanks also to the CHC Foundation which donated \$5,000 dollars to the East Idaho Falls Center's playground project.



**Eastern Idaho Community
Action Partnership**

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1-800-632-4813
Fax: 208-522-5453
E-mail: eicap.org

**We're on the Web!
eicap.org**



EICAP

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EICAP does not discriminate against any person on the basis of race, color, national origin, creed, ability to speak English, disability, sex, age, or marital status in admission, treatment, or participation in its programs, services and activities, or employment. Note: Specific programs may have designated guidelines. For further information about this policy, Contact: Executive Director, EICAP (208)522-5391 or 1-800-632-4813.

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