



Mission

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

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EICAP in *ACTION*

Eastern Idaho Community Action Partnership



FROM THE EXECUTIVE DIRECTOR....

Russell Spain, CCAP

We heard a number of positive comments about our first Eastern Idaho Community Action Partnership Newsletter, thank you for those. We are always happy to hear from you.

This has been a busy time of year for all of us. Not only because of our own family obligations in this Holiday Season but working in a variety of ways with all of our clients to make sure that their needs are being met. We appreciate the generosity of so many in our community who contribute to making the season a little brighter for those in need.

Looking forward to the New Year brings thoughts of an exciting time for EICAP. 2008 will be the 40th Anniversary of the organization and a committee has been established to begin looking at ways the agency can celebrate that milestone. The celebration is planned to culminate with the Annual Meeting traditionally held during Community Action Month in May of each year. There will be some changes that will accompany the celebration, including the updating of the agency logo. EICAP has had a significant history in the community and a number of businesses originated within EICAP. But more about that in later Newsletters as we get closer to the Annual Meeting date.

All of us at EICAP hope each and every one of you had a Happy Holiday season and will have the very Best of New Years.

A Success Story—*Ariel Jackson*

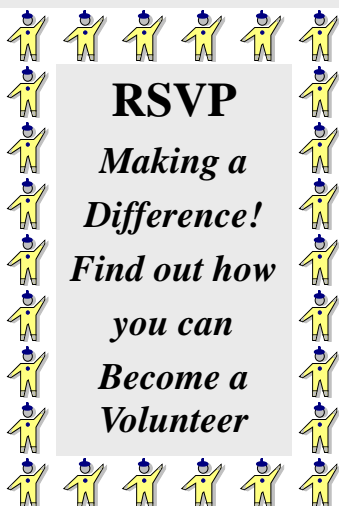
The first time I met Ariel Jackson was when she came into a Head Start Policy Council meeting about four years ago. She was dressed in baggy clothes; she had a baseball cap and a frown on. To be honest, I was a little scared of her. She seemed like the gang moms I had worked with in St. Louis. She was quiet during most of the meeting, only commenting “did we have water?”, because she was a diabetic and couldn’t drink the soda we had with dinner that night. When it came time for elections, she volunteered to serve on the Health Services Advisory committee. She said she was interested in the health part of Head Start. She regularly came to PC meetings. She said that is where she wanted to volunteer; she had no desire to be in the classroom with all those kids. She was married to a man who was not very nice to her. Policy Council was her out, and her opportunity to be around adults.

The next year she was at Policy council again. No hat hiding her face, and volunteering to be nominated for Chairperson of the PC. She was elected. That was the year the “March on Poverty” was being held in Washington D.C. EICAP was committed to taking some of our program participants to this important event. It was going to take many hours of fundraising, and hard work to get the funds to go. Ariel wanted to go and she worked her hiney off to get to go. She took the lead with hours of garage sales, car washes, a golf tournament, all volunteer time. We raised the money we needed and we participated in the Rally and the National Community Action Conference. I had never seen anyone change so dramatically in appearance. At the gala dinner Ariel was radiant, at the Rally she was amazed and she was smiling constantly.

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*Become a new
homeowner!*

We are currently
accepting applica-
tions for the homes
in
Jefferson County.



Mutual Self Help Housing

What would you do to become a homeowner?

- Would you attend weekly meetings for three months?
- Would you participate in a Homeownership Counseling Program?
- Would you work outside in the winter cold and the summer heat?
- Would you commit to doing thirty hours of construction labor each week for a year?

Since 1998, 140 families have answered yes to all of those questions and have become homeowners through participation in the Self-Help Housing Program; which is a program providing ownership opportunities to low and very-low income, eligible families.

Applications are being accepted for homes to be located in Jefferson County. For more information call 522-5391 and ask for Self Help Housing.

Retired & Senior Volunteer Program

Eastern Idaho RSVP volunteers can now log their service hours online. Using a link from the RSVP website, volunteers can access their own account with the Volunteer Reporter software. Here they may enter daily, weekly or monthly hours by station and task. Volunteers may use any computer connected to the internet to enter their hours. Email rsvp@eicap.org for more information and instructions.

The RSVP website will be expanding in coming weeks. Visit often to see the new features, volunteer opportunities and interactive capabilities. Did you know you can become a "virtual volunteer?" That's right, you can actually volunteer at home using your computer, internet connection, telephone, FAX and mailbox. RSVP needs several virtual volunteers to help area Senior Centers and other organizations. Please email us if you are interested.

Huge strides have been taken in simplifying RSVP volunteer paperwork. The volunteer registration form and time sheets are now postcards. Volunteers may continue to use the old forms if they wish. The new time sheet summarizes

service hours by month and station. It's a simple, easy, fun way for volunteers to help RSVP record this important information.

RSVP is also simplifying the mileage reimbursement program. With help and advice from the RSVP Advisory Council, staff spent several weeks designing a plan that's fair for one and all while being easy to calculate and account. RSVP thanks the United Way for providing funds used to help with mileage reimbursement costs.

In the coming year, RSVP will be greatly expanding the types and numbers of available volunteer opportunities. We hope to recruit many new volunteers throughout our nine county 19,330 square mile service area.

Another successful volunteer recognition event was held November 13 in Challis. The HUB and all of its many dedicated volunteers received recognition, as well as representatives of various agencies who help seniors volunteer with respect and dignity. In the upcoming year, RSVP staff plan to conduct monthly volunteer recognition events in the 16 Senior Centers in Area VI.

Weatherization

Heating and cooling your home uses more energy and drains more energy dollars than any other system in your home. Typically 45% of your utility bill goes for heating and cooling. What's more, heating and cooling systems in the United States together emit 150 million tons of carbon dioxide into the atmosphere each year, adding to global climate change.

No matter what kind of heating, ventilation, and air-conditioning system you have in your house, you can save money and increase your comfort by properly maintaining and upgrading your equipment. But remember, an energy efficient furnace alone

will not have as great an impact on your energy bills as using the whole house approach. By combining



proper equipment maintenance and upgrades with appropriate insulation, air sealing, and thermostat settings, you can cut your energy use for heating and cooling, and reduce environmental emissions, from 20% to 50%.

Heating and Cooling Tips:

- ▶ Set your thermostat as low as is comfortable in the winter and as high as is comfortable in the summer.
- ▶ Clean and replace filters on furnaces once a month or as needed.
- ▶ Clean warm air registers, baseboard heaters, and radiators as needed; make sure they are not blocked by furniture, carpeting, or drapes.
- ▶ Bleed trapped air from hot water radiators once or twice a season; if in doubt about how to perform this task, call a professional.
- ▶ Place heat resistant radiator reflectors between exterior walls and the radiators.
- ▶ During the heating season, keep the draperies and shades on your south facing windows open during the day to allow the sunlight to enter your home and closed at night to reduce the chill you may feel from cold windows.
- ▶ During the cooling season, keep the window coverings closed during the day to prevent solar gain.

Success.. The next year she came back and was elected Chair of the PC again. In Head Start people can only serve on the Policy Council for three years, this was her last year. She was very involved. A cheerleader for the program, the staff, the center; she was an outstanding spokesperson for the program.

Earlier this year I received an e-mail from her saying she wanted to meet with Belinda (Family Services Specialist) and me. I was nervous; maybe something had gone wrong in the registration process and she needed help. I can't begin to tell you about the Ariel that came into my office that day. She was all smiles, she was confident. She told us she had gotten rid of her non-supportive husband and had met a fantastic new guy. She had just completed her course work to get her Associates Degree in Business, online, and would be starting on her Bachelors when the kids were back in school. She talked about how fun it was for all of them to do their homework together. She had just purchased a new home. It is a Mutual Self-Help Housing home. She laughed to tell us she actually gets to mow a lawn – *her* lawn. And she had tears in her eyes when she told us each of the kids had their own bedroom. Then she said Thanks and hugged us. She wanted all the people who had helped her, who had supported her and who had believed in her to know she appreciated them. She said Head Start and all of EICAP had changed her life dramatically.

This fall an opening on our Board of Directors was coming open. Our Executive Director asked me if I knew of any individuals that could be a good candidate – I immediately thought of Ariel Jackson. On December 18th, 2007 she was nominated and elected to the EICAP Board of Directors. We look forward to seeing her on a regular basis and benefiting from her experiences and input.

Kate Howard, Head Start Director

Conserve energy by setting your thermostat as low as is comfortable in the winter and as high as is comfortable in the summer.

Always bear in mind that your own resolution to succeed is more important than any other.

- Abraham Lincoln

It is important that clothing donated to the **Haven Homeless Shelter** be new or gently worn. Many of our clients and their children are fragile emotionally and have extremely low self-esteem. By making a person look better on the outside; new or nearly new clothes will help someone feel better on the inside. By making a person look like others that they meet; new or nearly new clothes will help someone feel less "different" and that they belong in our community, workplaces, and schools.

We'd like to hear from you...

We would like to hear from you regarding the content of our newsletters.



Let us know which articles you enjoyed, which ones were helpful and what you would like us to address in future issues. We thank you for your input and look forward to hearing from you.

sbailey@eicap.org
or
salberts@eicap.org
Or call 522-5391

Haven Homeless Shelter

Where do you go at night or when the weather gets cold? Some people and families have no other shelter than a car, a cardboard box, or the clothes on their back. To help those in need of shelter, EICAP operates the Haven Homeless Shelter for single women and one- and two-parent families. In addition to shelter, the Haven offers integrated educational and support programs so single women and families can start life over again and work towards becoming self-sufficient and productive members of our community. For more information about the Haven you may go to <http://www.eicap.org/thehaven>. Household items and clothing are needed while our clients are at the Haven and during transition to homes of their own. To assist you in finding the items that you may wish to donate to our program we have registered the Haven at Sears and Target. These items may be purchased in the store or on the Internet and shipped directly to The Haven. The listed items are suggestions as other styles or colors purchased at these or other stores will be entirely suitable for our needs. Gift cards are most welcome as they offer the most flexibility for helping our clients.

Sears Gift Registry for the Haven: To buy on-line at Sears, go to <http://www.sears.com> and click on "Gift Registry" and then "Find Gift Registry". Search for a first name "Haven" and a last name "EICAP" and select "Special Occasion" for the Event Type.

Target WishList for the Haven: You may buy the items you wish to donate on-line and have it shipped directly to the Haven. Go to <http://www.target.com> and select "TargetLists". You may search for our "wishlist" under the first name "Haven" and last name "EICAP". To save the costs of shipping, you may access our Gift Sears Gift Registry or our Target WishList at the stores and bring any purchased items to the Haven or our main office at 357 Constitution Way in Idaho Falls.

The staff at the Haven and EICAP are grateful for the continued support from our community. We hope that the gift registries and the ability to buy-on line will make it a bit easier for you, our supporters, to help us. If you have any questions, please contact us by phone at 523-6413 or email at thehaven@eicap.org. For tax purposes we will provide you with a receipt for your donation.

Thanks to the Bank of Commerce

We wish to express our utmost appreciation and gratitude to the Bank of Commerce and their employees for their generous donation of time and money to help the hungry in eastern Idaho. The Bank of Commerce and their employees are working with the Saving Center in downtown Idaho Falls to donate and transport \$10,000 worth of food to the central food bank that is managed by the Eastern Idaho Community Action Partnership. This food will be distributed to local agencies and organizations that help feed hungry people and families throughout Eastern Idaho. Not only does this generous donation help feed the hungry in our area, the donation also supports a small business located in downtown Idaho Falls.

"We felt this was the right place to put our resources this year," said Kim Smith, senior vice president and compliance officer at the Bank of Commerce. For Smith, the cause was important because "those who benefit are in our community."

"The truth is that we see that there is a real need in the community," Bank of Commerce President Tom Romrell said. "We saw the need, which gave us the opportunity to contribute. It warms our heart to see people benefit from our giving."

We appreciate the generosity of the Bank of Commerce and the willingness of their employees to help so many people.

A complete list of Haven needs can be found on our website.

Household Items

Clothes - All sizes and types for infants, children, women and men of all ages

Children's, infants and toddlers needs

**Household Cleaning & Maintenance
Household Supplies**

Furniture

Innovation from AAA Area VI

It is our intent to design web pages for all of the senior/community centers within Area VI. These web pages would be housed on the EICAP website under the Aging heading and linked to various appropriate sections of the EICAP website. It is our intent to post the name, physical and mailing addresses and telephone and FAX numbers for the Senior Center. In addition, we will have a picture of the center and a Google Map to its location. The days that meals are served along with times for the meal service will be posted as well. A secondary page for each center will host photos of the site managers along with essential personnel and key volunteers. Our goal is to make the centers more readily

accessible to others who are in the area or who may be traveling through Area VI. Although the old sector of the 55+ demographic does not generally utilize the internet, we are preparing these pages to help attract the younger section into possible use and visitation at the Centers. It has been widely reported that the emerging Baby Boomer Generation will use the internet to find information, learn about activities and educate themselves on the various issues, challenges and opportunities facing their generation. These web pages will facilitate a broader public knowledge of the Area VI Senior Centers and what they have to offer.



We are making changes to our Website to include Senior Center information

Share Your Time!!

COORDINATORS ARE NEEDED FOR AN ANNUAL FUND RAISER MULCH SALE!

We are looking for 1 or 2 volunteers to develop and coordinate the first annual spring mulch sale to benefit the community assistance and family education programs of the Eastern Idaho Community Action Partnership. We anticipate that the mulch sale will take ~10 hours a week over a period of several months to develop a sales strategy, identify the mulch products that will be sold, coordinate with wholesale mulch company, and recruit volunteers. For the first and each year that the sale takes place we anticipate that the mulch sale coordinator will require 20-30 hours a week for 4 weeks that the pre-sale orders and distribution take place. \

Volunteers will:

1. Develop and implement sales and publicity strategies.
2. Coordinate with wholesale mulch sales representatives for pre-sales planning and purchasing of mulch.
3. Work with EICAP staff to develop sales and accounting forms and to distribute the mulch.
4. Recruit and coordinate volunteers for sales, distribution, and delivery of mulch

Skills needed include:

- Ability to work independently and follow through on commitments.
- Good communication and people skills are a must!
- Ability to motivate others and maintain a fun and positive team environment
- Proficiency in Excel, Word, and possibly Access software systems.
- Knowledge of pre-order sales extremely helpful.

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We're on the Web!
eicap.org

EICAP

BOARD OF DIRECTORS

PUBLIC OFFICIALS

Janice McGeachin, *Legislative Representative*
Lee Staker, *Bonneville County Commissioner*
Tad Hegsted, *Jefferson County Commissioner*
Shawn Larsen, *Mayor, City of Rexburg*
Chandra Evans, *City of Idaho Falls*

PARTICIPANT REPRESENTATIVES

Michael H. Hinman, *Idaho Legal Aid*
Joel Gramirez, *Community Council of Idaho*
Ariel Jackson, *Neighborhood Representative*
Otto Higbee, *Mackay Senior Citizens*
Brian Flory, *Head Start Policy Council*

COMMUNITY ORGANIZATIONS

Paul Hepworth, *Charter Mortgage Co.*
Lewis Blurton, *Falls Southern Baptist Church*
Lane Allgood, *Rotary Club of Idaho Falls*
Seeley Magnani, *Catholic Charities of Idaho*
Lorraine Hiltbrand, *E. Idaho Public Health District*

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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sbaily@eicap.org
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salberts@eicap.org
and we'll add you to our email list.

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