



**Special points of interest:**

*Farmer's Almanac says  
"...a numbing winter,  
with below-average tem-  
peratures for more than  
two-thirds of the country"*

*Please see page 2 for in-  
formation that can help.*

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# EICAP in *ACTION*

Eastern Idaho Community Action Partnership



## FROM THE EXECUTIVE DIRECTOR....

### Russell Spain, CCAP

As we approach the heating season and the Boy Scout Food Drive, please remember that there are those in our community that occasionally need our assistance. By all predictions, this heating season is going to be particularly difficult especially for those on fixed incomes. So when you receive the call for an extra amount in your utility bill to go toward assistance for those less fortunate, please respond favorably.

The annual Boy Scout Food Drive is coming October 25<sup>th</sup> in our area. Please respond to the Boy Scouts with a few cans of food. We know that times are tough for everyone, but the low-income feel it first and hardest. All of the food banks in the nine counties that we serve and deliver food to are experiencing an increase in the number of food boxes they are distributing. We are also seeing an increase in the number of people coming to us for assistance. Your contribution of food and clean usable coats and to your utility will all go toward helping those that need just a hand up this season.

"Change" seems to be the word of the season and at Eastern Idaho Community Action Partnership, "change" has been a significant part of our mantra for the past two years. We are currently looking at ways we can operate more efficiently and effectively in the times we are living in. Hopefully during the next quarter and in the next edition of this newsletter, we will have some exciting news to report on some major changes and new initiatives for EICAP. Stay tuned. Until then, we wish each of you a very Happy Holiday Season.

## What is Self-Help Housing?

Self-Help Housing is an opportunity to build a new home with no down payment and monthly mortgage payments that are affordable. It is a group of six to eight families working cooperatively to build their own and each others homes.

Eastern Idaho Community Action Partnership is accepting applications for homes to be built in Jefferson County. For more information or an application check our website at [www.eicap.org](http://www.eicap.org) or call 208-522-5391 and ask for self-help housing.



*Build a new home with no  
down payment!*

Family Size	3-month income
1	\$ 3,900
2	\$ 5,250
3	\$ 6,600
4	\$7,950
5	\$ 9,300
6	\$10,650
7	\$12,350
Add \$1,350 for each additional household member	



After Oct. 27th, we will be taking appointments for applications in the following communities:

Arco  
Ashton  
Challis\*  
Driggs  
Dubois  
Mackay\*  
Menan  
Rexburg  
Rigby  
Ririe  
Roberts  
St. Anthony  
Swan Valley  
Terreton

If you would like to schedule an appointment in one of these towns, please call our main office and we will set that up.

*\*for Challis or Mackay, please call our Salmon office, 756-3999.*

## “...a numbing winter”

EICAP has been providing the LIHEAP (Low Income Home Energy Assistance Program) for more than 20 years to the households in Eastern Idaho. It’s a federal program that is administered by each individual state. States have the latitude to operate the program specific to the needs of their low-income residents. For example, some states in the South provide a benefit for the summer months, because the cost to cool a home is so much more than to heat it.

According to the Farmer’s Almanac we can expect for the 2008-09 winter season “...a “numbing” winter, with below-average temperatures for at least two-thirds of the country.” EICAP will be scheduling appointments for the LIHEAP starting October 27th. The program starts November 1st each year and runs through March 31st. It’s an income-based program (guidelines are listed at the left).

The program provides a one-time benefit to the household’s heating provider. The hope is the benefit will cover 2-3 months of heating costs. In the past, EICAP has provided this service to more than 4,000 households in our nine county service area.

2007-08 Heating Season EICAP Benefits	
County	Amt. Paid
Bonneville	\$640,593
Butte	\$38,789
Clark	\$7,289
Custer	\$48,694
Fremont	\$128,587
Jefferson	\$132,479
Lemhi	\$174,589
Madison	\$142,051
Teton	\$27,916
<b>TOTALS</b>	<b>\$1,340,987</b>

During the 2007-08 winter season EICAP provided local utilities with more almost \$1,341,000. Because of rising utility costs, and general living expenses, we fully expect to see a increase in the number we serve this winter.

Head Start is heading in a new direction this year with the process of implementing a new curriculum called the “Investigators Club.” This pilot program is being implemented in our Salmon center and has been receiving great response from our children and parents.

### A Pilot Project in Salmon

The curriculum covers the following areas; language development, literacy, mathematics, science, creative arts, social/emotional development, approaches to learning, physical health, social studies and technology.

The curriculum is presented by characters which are introduced to the children through seven different units. The first unit “Let’s Investigate” introduces the main character Dilly Gator who is leader of the investigators club. She is portrayed as a 7 year old alligator who is interested in reading and starts the club in order to solve mysteries with her friends. This first unit presents the characters, investigation techniques and readiness concepts through literature and hands-on activities. As members of the club, children join the characters to explore and experiment. Children investigate the real world around them, while learning about topics such as, health, safety, seasons, and much more. Dilly’s friends are then introduced with each new unit and the children explore alongside that particular character all the amazing topics within that unit.

As each unit is launched, children are introduced to the characters and learn what area they are going to investigate. Parents are involved by weekly letters informing them of the current investigation. At the end of the first unit the parents are inducted into the club as members and are involved in continuing the investigation within the home. We are looking forward to implementing this exciting curriculum into our other five centers next school year and are proud of our Salmon Center for adventuring into the unknown.

## Multi-Family Housing

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

Residents at most 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. For more information or an application check our website at [www.eicap.org](http://www.eicap.org) or call 208-522-5391 and ask for housing management.



October 5—11

## National Residents' Rights Week

National Residents' Rights Week will be celebrated

throughout our service area. Six mayors have written and signed proclamations. This year, some mayors have teamed up with the youth groups in their counties to have the young people go to the facilities to read and sign the proclamations.

The Idaho Falls Mayors' Youth Advisory Council members, Jennifer Johnson and Matthew Campbell, will represent Mayor Jared Fuhriman. Mayor Shawn Larsen of Rexburg will be represented by his Youth Council at the three facilities in their town. Ashton's Mayor Teddy Stronks, St. Anthony's Mayor Bill Beck and Ammon's Mayor Bruce Ard will all be presenting similar proclamations.



Approximately 900 residents are now being served either by Skilled Nursing or Assisted Living Centers in Bonneville County in 20 facilities. While Bonneville County has the greatest number of Skilled Nursing and Assisted Living

Centers, the other eight counties account for sixteen facilities. Rigby has four; Rexburg has two; St. Anthony, Victor, Driggs, Challis, Mackay, Arco, Ashton and Darlington each have one facility. In Salmon, Discovery Care is both an Assisted Living and Skilled Nursing Center. Most of these facilities are planning some type of celebration for National Residents' Rights week.



EIRMC Transitional Care Unit has some great events planned. The Physical and Occupational Therapists will help with the activities and are looking forward to the celebration of Residents' Rights. To help staff understand the resident's situations, they will be participating in wheel chair races with an ace bandage on one arm and one leg so they won't bend, simulating a stroke. Other staff will have their glasses smeared with petroleum jelly, simulating a visual

impairment, while trying to sort marbles by color. The residents will ask questions about how it felt to lose control. It should be a great learning experience. All facilities in Area VI will be celebrating with activities or special meals while the proclamation is being read.

Volunteer Recognition Celebrations are being planned throughout our service area! St. Anthony's will be October 22nd!

Call 522-5391 or email [rsvp@eicap.org](mailto:rsvp@eicap.org) for more information

## Long Term Energy Savings Tip

One of the most cost-effective ways to make your home more comfortable year-round is to add insulation to your attic. Adding insulation to your attic is relatively easy and very cost effective. To find out if you have enough attic insulation, measure the thickness of the insulation. If it is less than R-22 (7 inches of fiber glass or rock wool or 6 inches of cellulose), you could probably benefit by adding more. Homes in this area of the U.S. should have an R-49 in the attic.

If your attic has enough insulation and your home still fills drafty and cold in the winter or too warm in the summer, chances are you need to add insulation to the exterior walls as well. This is a more expensive measure that usually requires a contractor, but it usually is worth the costs. You may also need to add insulation to your crawl space. Either the walls or the floor above the crawl space should be insulated.

**Brought to you by  
your friendly  
Weatherization  
Department.  
523-5466**

**Eastern Idaho Community  
Action Partnership**

357 Constitution Way  
P.O. Box 51098  
Phone: 208-522-5391  
1-800-632-4813  
Fax: 208-522-5453  
E-mail: eicap.org

**We're on the Web!**  
[www.eicap.org](http://www.eicap.org)



# EICAP

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If you'd like to receive our newsletter electronically, please e-mail:

[sbailey@eicap.org](mailto:sbailey@eicap.org)

And we will add you to our e-mail list.

RSVP is creating a new volunteer program called STARS. The acronym means Senior Technical & Administrative Resource Specialists. STARS members are being recruited for specialized skills including computers, accounting, building trades and so forth. STARS members will be available on call to go onsite to assist various Area VI Senior Centers and other volunteer stations dealing with various issues, challenges, opportunities and problems. If you are interested in applying to join RSVP STARS, please contact the RSVP office at 522-5391 or email [rsvp@eicap.org](mailto:rsvp@eicap.org)

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