

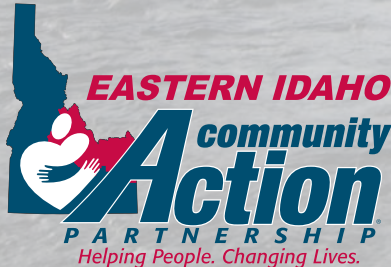
Eastern Idaho Community Action Partnership

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EICAP in ACTION

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From the Executive Director



As I write this we are just a few days away from the Holidays and a New Year. It is also snowing, which is something we have not seen a lot of up to this point. We at EICAP wish all of you the very Happiest of Holidays and the very best in 2012.

Congress has just passed the budget for 2012, just 3 months late this year. Our programs fared OK during the budget setting process. Community Services was

funded at 2011 levels, which is OK, Energy Assistance was funded \$1.1 billion less than last year, which will impact the benefit paid for Energy Assistance. Head Start received a 1.5% increase which will help a great deal. The biggest impact to our programs was Weatherization which received a 60% decrease for 2012. We consider that unfortunate since Weatherization in Idaho has been one of the leaders in the nation in number of low-income homes made more energy efficient and the number of jobs created by the program.

Low-income individuals and the shrinking middle class did not fare well during the current climate in Washington, DC.

We continue to see an increase in the number of people we see, but at the same time we are seeing an increase in the number of people in the community willing to help in some way. The increase in the amount of food donated to us to distribute to the 14 food banks we work with in eastern Idaho is one indicator. The number of coats donated to us through the efforts of KIFI - Channel 8, Snake River Landing and others have helped a number of adults and children receive much needed warmth this winter. We Thank All who have participated. Donations continue to come into the Haven for this season and that is gratifying as well.

Again, the Board and Staff of Eastern Idaho Community Action Partnership wish all a very Happy and Safe Holiday Season and we will see you in 2012.

Russell Spain, CCAP
EICAP Executive Director

Area Agency on Aging Recognizes Alzheimer's Awareness Month

On November 29, the Area Agency on Aging held an event to inform caregivers and providers of the causes and effects of Alzheimer's Disease. The event was held through partnerships with the Good Samaritan Society's Alzheimer's Support Group and the Eastern Idaho Public Health District. Forty people attended the half day event which included a showing of the Caregivers documentary from HBO's Alzheimer's Project and a presentation over the internet by Boise State University professor, Dr. Troy Rohn. Dr. Rohn not only spoke about the science of Alzheimer's Disease, but also about the work of the grassroots organization, the Idaho Alzheimer's Planning Group.

The event was funded to promote a new program, Building Better Caregivers, which is designed to help caregivers become more effective at self-care. Caregivers are typically so caught up in the care of their loved one that they neglect their own health and well-being. This ultimately is detrimental to their ability to be effective caregivers. The Building Better Caregivers program is an evidence based program developed by Stanford University. It is a six week, online program that is absolutely free for caregivers. Idaho is a pilot state for the program that can connect caregivers from anywhere geographically. Caregivers interested in participating can register at <http://caregivers.selfmanage.org> Once there are 25-30 people registered, they will put together a group to work through the program.



In recognition of National Alzheimer's Awareness Month, here are some facts from the Idaho Alzheimer's Planning Group:

- One in 10 Americans will develop some form of dementia during their lifetime – 70% of those diagnoses will be Alzheimer's.
- Of all the major diseases, Alzheimer's is the only one whose mortality rate is still climbing.
- Today, Idahoans with Alzheimer's would fill Bronco Stadium...and that number will double in just 14 years.
- Idaho is projected to have the 5th highest increase in Alzheimer's patients among all states.
- Medicaid/Medicare patients with Alzheimer's are more than 9 times more costly than non-Alzheimer's Medicaid/Medicare patients, presenting a public health challenge to our state.

Nick Burrows, MBA, CCAP
Aging Director

The Promise of Community Action

Community Action changes people's 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.



Blood Lead Screens Are Important

Because children are our future, we all realize that it is important to positively secure our children's future. As parents or guardians we ensure that our children are up to date on all aspects of their well-being. Sometimes, one important screening is forgotten. This test is called a blood lead screening. The purpose of this screening is to detect elevated lead levels in the blood which may indicate lead poisoning.

Lead poisoning is caused by swallowing or ingesting lead. Young children are at the greatest risk because they put everything in their mouths. Additionally, their small bodies absorb lead more easily than adult bodies do. Lead poisoning affects children in many alarming ways. Some examples are: lower IQ, brain damage, growth and developmental impairment and even death. Millions of American children are affected by lead poisoning every year.

Possible sources of lead in the environment may be paint used in homes built before 1978, dust, or soil around your home. Other sources include: drinking water, food, automobile exhaust, battery casings. Even our hobbies or lifestyle choices can cause problems. Among these are folk medicines, folk cosmetics, imported pottery or porcelain, and fumes or dust from hobbies that use lead, such as stained glass or fishing sinkers.

Children should be screened starting at 12-15 months of age. If not previously tested, children 6 years of age and under should be screened. The blood lead screening is completed by the child's physician. The test is a simple finger prick to see what the lead level is in your child's blood. A normal lead level is from 1-10 ug/dl. If the level is above 10 your physician will indicate further treatment. Medicaid insurance will generally pay for a blood lead screen for your child and can be performed at a well-child exam. Locations that do lead testing are: Blackfoot, Idaho Falls, Driggs, Rexburg, and Salmon.

Blackfoot Medical Center (785-8166)
Community Family Clinic (528-7655)
Teton Valley Health Clinic (354-2302)
Rexburg Medical Center (356-5401)
Stelle Memorial Clinic (208-756-6212)

Darla Roy moved into her house on November 22nd, 2011. Just in time to have a Thanksgiving dinner with her family in her new digs.



It was a little later than she had hoped, but all of the inspections and finishing touches that have to be completed on all the homes take a while.

Darla and her son, Tivaughn are thrilled with their new home. One thing Darla said was a nice change from the last year is the fact that she has a more regular schedule. She now has her evenings and weekends free to do as she pleases. No more cold nights working on the houses – no more weekends spent on the job site. But Darla pointed out again, how much she learned with this experience. She is thankful for everything the EICAP Mutual Self-Help Housing program did for her, but especially for the help and guidance provided from Robert Howe, the construction foreman. She said, “Without Robert, we would have never been able to do what we did. He was tough, but patient and made sure the families knew how to do things the right way.”

Not only has Darla completed a huge milestone in her life with the completion of her own home; she has moved herself from a life in crisis and desperation to a life of stability and future. If you'd like to review Darla's journey, go to www.eicap.org/publications and read her story in our quarterly newsletters.

EICAP would like to thank Darla and her family, for letting us follow her on this journey and we all wish her all the luck in the world for her future.



Create A Legacy - Planned Giving

There are a number of ways you may create a legacy. Planned gifts may be made to EICAP or the EICAP Foundation to help those in need throughout our service area. You may specify that your gift be directed towards a particular activity or program.

Bequest

A gift to EICAP or the EICAP Foundation through your will or revocable trust will enable EICAP to make a lasting difference in the lives of people in our community for generations to come.

Gifts of Stocks and Bonds

You wish to make a donation of mutual funds, corporate stock (both publicly-traded and closely-held), and government, corporate and municipal bonds to EICAP or the EICAP Foundation.

Gifts of Real Estate

EICAP has the expertise and experience to accept gifts of all types of real estate. If you own a home, vacation or rental properties, commercial property, apartment buildings, and undeveloped land that you no longer want to use or manage you may wish to donate it to EICAP or the EICAP Foundation. Apartments, homes and undeveloped land may be used to support our affordable housing and Mutual Self Help Housing programs. Real estate that we cannot use may be

marketed or rented and the proceeds used for the long-term benefit of our organization.

Gift of Retained Life Estate

You may deed your home to EICAP or the EICAP Foundation and may continue to live there for the remainder of your life if you choose to do so. You retain the full rights and responsibilities for maintaining the property and paying taxes.

Gifts of Life Insurance and Retirement Benefits

You may name EICAP or the EICAP Foundation as the beneficiary of a life insurance policy. You may turnover an existing fully paid policy or buy a new policy and convey ownership to EICAP or EICAP Foundation. Similarly, you may name EICAP or the EICAP foundation as a beneficiary of your IRA, 401(k) or other qualified retirement plan.

Charitable Trusts

Charitable Remainder Trusts or Charitable Lead Trusts may be used as mechanisms to transfer trust assets to EICAP or the EICAP Foundation. After the lifetime of a Charitable Remainder Trust has expired the remaining assets would transfer to EICAP or the EICAP Foundation to support any programs specified by the donor. Alternatively, a percentage of the assets in a Charitable Lead Trust are paid to EICAP or the EICAP Foundation for a specified amount of time. After the Charitable Lead Trust is terminated, the remaining assets are transferred to the heirs.



The cost of heating and cooling homes can make up nearly half of a utility bill. The single most important thing people can do to save energy in their home is to make sure their furnace is running efficiently.

Get a furnace Tune Up:

Have a professional inspect and clean your heating and cooling equipment every year. Schedule your tune-ups

in the spring and the fall before contractors get busy.

A typical furnace tune up includes:

- Tightening all electrical connections and measuring the voltage and current on motors.
- Lubricating all moving parts to decrease friction and therefore use less electricity.
- Check thermostat settings and system controls, including the start and stop cycles.

A few heating tips:

If you have a forced air heating system:

- Insulate the ducts with R-11 or greater fiberglass insulation wherever they pass through un-heated spaces.
- Change or clean your air filters regularly. Your heater uses more energy when the filter is full of dust.

If you have an electric heating system:

- Consider having a heat pump installed, which uses thermal energy from outside air for both heating and cooling. New air source heat pumps are 1.5 to 4 times more efficient than electric resistance heating depending on proper design and installation.

If you have a hot water/steam system:

- Put a reflector behind your radiator (you can buy one or make one by taping aluminum foil on cardboard). This can save energy and cash by throwing back heat you'd normally lose through the wall. The shiny side of the foil should face away from the wall.

Brad Simmons
Weatherization Director

How Can You Help?

We welcome large and small donations in support of our organization and programs that assist individuals and families in our community. You may specify a particular program, specify that donation go to the area of greatest need, or donate to the EICAP Foundation.

A cash donation offers our organization the flexibility of utilizing your money in the most effective manner. We value any cash contributions and would like you to know that a donation of:

- **\$5** will buy socks and underwear for a homeless child OR a book for a family reading program.
- **\$10** will reimburse gasoline for the volunteers who are helping others in our community.
- **\$18** will pay for one GED test for someone trying to complete their high school degree
- **\$25** will buy tooth brushes for a class-room of children in the Head Start Program OR new school shoes for a child.
- **\$50** will provide a literacy kit for one family OR a tank of gas to get to a job for one week.
- **\$75** will provide 1 year of school supplies for 1 child living in the homeless shelter OR pay for a six-month dental check-up.

- **\$100** will pay for someone to take the GED and high school equivalency test OR provide one office visit to a family doctor.
- **\$200** will provide a single parent the hand tools that are needed to build a home OR a basic wardrobe for an individual beginning their new job.
- **\$300** will provide the hand tools needed by a couple to build their own home OR home delivered meals for a senior citizen for one month.
- **\$500** will provide a new bed and bedding for an elderly person OR replace furniture that was taken by an abusive relative.
- **\$1,000** will furnish a unit in the homeless shelter OR provide a laptop computer for someone going to college.

You can specify where or for what purpose you would prefer your donation be applied.

Your donations are tax deductible to the extent allowable by law. Eastern Idaho Community Action Partnership, Inc. has been designated a 501(c)(3) organization.

Housing Update

EICAP's Housing Department continues to help provide affordable housing for families and senior/disabled within our service areas. Currently we have rental properties located in Arco, Blackfoot, Idaho Falls, Roberts, Rexburg and St. Anthony. With an average rental percentage at nearly 90%, the need for low-income housing remains constant. Applications are always welcome and can be picked up along with a listing of our properties at our Lincoln Road office or are available on our website at www.eicap.org.

On November 22nd eight families received the keys

to their new homes just completed through a participant build overseen by our Mutual Self Help Housing program. This brings our total of homes built throughout surrounding areas to 172, providing owner occupied housing to 350 children. Currently applications are being accepted for another group build as well as for rehabilitation of existing homes located within our Rural Development boundaries. Information is available at our office or on our website.

Retired Senior Volunteer Program

The Annual Governors Brightest Stars event saw a recommendation for the Community Outreach Center here in Idaho Falls. While the COC was not selected, this event is just one of the ways RSVP is working to provide recognition and visibility for volunteers and organizations in the community.

RSVP continues to participate in the monthly United Way roundtable discussions. This has provided networking opportunities for RSVP to connect one-on-one with representatives of many of the "stations" where RSVP has volunteers. The United Way campaign was supported by RSVP with a visit to the INL site and a presentation to the people working there.

The current RSVP project includes updating volunteer driver's license information. This is also helping update the database with volunteer hours / miles for some volunteers who were not aware that their time and miles were not being recorded. More volunteers are moving toward electronic submissions. Almost 20% of the RSVP volunteers are now electronic, while a year ago only 1% were electronic. RSVP is also moving towards being paperless in its record keeping. With 130 stations and 350 "active" volunteers this is a time consuming process.

Volunteer Match volunteer opportunities are slowly increasing the numbers of volunteers. While potential volunteers are generally attracted within a 50 mile radius of Idaho Falls, we recently had an inquiry from a potential volunteer in INDIA! It says a lot about the reach of the Volunteer Match product. Closer to home, the Ombudsman program has gained new volunteers as a result. So that is encouraging.

In spite of staff reductions in response to funding cuts this past year, Don is still directing volunteers towards volunteer opportunities. Consolidation and streamlining are a work in progress. Volunteers are an important part of our communities. If you are interested in volunteering in our communities, give Don a call at the RSVP office – 522-5370, ext. 1036.