

Employee Highlights



We will miss a great employee who retired earlier this year. **Linda Huffaker** worked in the Aging Department for the past 10 years, and was instrumental in bringing the national Senior Companion Program to the Bear River Region. She also worked as an Ombudsman and Case Manager for the Alternatives Program. Linda is a caring, fun, and unique lady and we will miss her association at BRAG.



Michelle Benson has worked at the Aging Department at BRAG for 16 years. She enjoys gardening, hiking, and attending USU basketball and football games with her family. Her daughter, Audrey is a frequent guest at BRAG and enjoys visiting with "her" co-workers when she comes to help Mom.



Scott Gittins is a HEAT case worker at BRAG where he has been for 2 years. He is also a retired U.S. Postal Service worker. Scott enjoys spending time with his wife of 37 years, Michele, and his 3 children and 6 grandchildren. Scott also enjoys ice fishing, British comedy, and growing enough food in his garden to feed a 3rd world country.

New Employee's



Shanna Andersen recently started working as a Case Manager in the Aging Department at BRAG. She enjoys spending time with her family, including her husband of 25 years. Shanna enjoys going on walks, eating oreo milkshakes, and supporting her kids in tennis, basketball, and school activities.

...Kitchen Incubator Cont.

BRHD Environment Health Service Building at 85 E. 1800 N. (Phone: 435-792-6500) or in Brigham City at 817 W. 950 S. (Phone: 435-734-0845).

Contact Cindy Roberts with questions at 435-760-7937 or e-mail at kitchen@cachebrc.com.

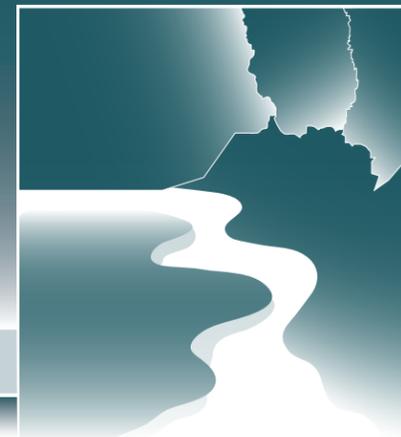
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VITA

Free tax preparation is available to households that made less than \$50,000 in 2011. The Volunteer Income Tax Assistance (VITA) is currently taking appointments through April 12, 2012. Volunteers have been IRS trained and certified to complete both federal and state tax returns for free. Sites are available by appointment in Logan at Bear River Association of Governments and Department of Workforce Services.

To schedule an appointment, call 2-1-1. Walk-in sites are also available in Tremonton at the Bear River Valley Senior Center, Monday's 3PM-6PM and Brigham City at the Bridgerland Applied Technology College, Wednesday's 5:30PM-7:30PM.

Please submit articles or ideas to Dolores Berkley at doloresb@brag.utah.gov or call at 435.752.7242



BRAG

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Changing Demographics in the Bear River Region

Like much of the country, the Bear River Region's population is growing and diversifying.

Much of the U.S. is experiencing population growth, as well as a shift in the make-up of the general population. Not only is ethnic diversity growing, but people are generally living longer. Likewise, on average, married couples are having less children than in the past, and the average age of people getting married is gradually increasing (1970's = 20-24 yrs, 2000's = 25-28 yrs; Figures: U.S. Census Bureau).

These changing demographic's will not only affect the number of people in different age groups and ethnicities, but also the services required for those groups. For example, it is estimated that by 2030, the number of seniors over the age of 85 years will increase by 123%, which will be the fastest growing age group in the country. It is also estimated that around 1/2 of baby girls born each year will live to be 100 years old. Estimates also show that there are approximately 250,000 Utahans that are 65 years or older, an age group that grew by 31.1% over

the past decade (all figures from the Utah Governor's Office of Planning and Budget).

This growth in the number of seniors in the U.S. will likely require more medical and long-term care facilities and staff, more extensive recreational and social services for seniors, and more public and private programs to help seniors in need of housing, utility assistance, and other needs.

The Bear River Region is also becoming more ethnically diverse. Between 1990 and 2010, the percentage of minorities in Box Elder, Cache, and Rich Counties combined increased from 6.3% to 13.6% (U.S. Census Bureau). This increase consists mostly of various Hispanic groups, which currently account for around 9.4% of the population region-wide. With this increase comes the need to accommodate those who are learning English as a new language, as well as

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CALENDAR

- **Wednesday's 6:00-7:00 p.m.** - Education Workshop "Timely Techniques for Dementia Caregivers" held at the BRAG offices at 170 N. Main in Logan. Learn about care giving for individuals with dementia. For more information, contact Deborah Crowther at 435.713.1462.
- **March-April 12** - The Volunteer Income Tax Assistance (VITA) program provides free tax preparation and assistance to those who made less than \$50,000 in 2011. To schedule an appointment, call 2-1-1.
- **March 22, 8:00 a.m. - 2:00 p.m.** - Cache Business Summit - "From Basements to Billionaires," at the Riverwoods Conference Center in Logan. No charge to attend. Online registration at www.cachebusinesssummitt.org
- **June 1, 2012** - Community Impact Board (CIB) applications are due.

Bear River Association of Governments
170 N. Main
Logan, UT 84321



BRAG Services

...Changing Demographics Cont.
adjusting to a new culture.

Not only do government services need to adapt to serve the changing population, but other market-driven services will also need to change to accommodate different age groups and ideals. The need for a greater variety in housing, for example, will continue to grow in order to provide for a growing number of smaller families. According to Arthur C. Nelson, Professor with the University of Utah's Metropolitan Research Center, households with children in the U.S. will likely decrease from 33% in 2000 to 26% in 2040, while households without children will increase from 67% to 74%, respectively. He also estimates that in Utah, specifically, households with children will decrease from 47% in 2000 to 38% in 2040, while households without children are expected to increase from 53% to 62%, respectively.

With these changes, there will be an increased need to plan for new development, or retrofits for existing communities, with increased pedestrian and alternative transportation options to work, recreate, shop, and socialize closer to home. Where single family homes on larger lots were once the norm, more diversity in housing will be required to accommodate this growing demographic diversity. Likewise, the need for rental units is also expected to grow in order to accommodate changing housing demands (Nelson, Utah APA presentation, 10/1/10).

Transportation options for a more diverse population are also a growing concern for transit providers, human service agencies, and private transportation providers. One of the ways in which BRAG is looking to the

future in transportation is through a current study being done by the transit coordination firm Nelson/Nygaard, which will provide a detailed cost-benefit analysis of various human service transit coordination options for the Bear River Region (see the Mobility Management article on page 3 for details).

While it is certain that greater diversity in our population will necessitate some changes in how services are delivered, it is also a great opportunity to learn and grow as communities and organizations.

For more information, call Zac Covington, BRAG Regional Planner, at 752-7242.

CBRC Kitchen Incubator

Last month the Cache Business Resource Center (CBRC) opened a new Kitchen Incubator for the Bear River Region. This low cost, FDA certified commercial kitchen is available for producing foodstuffs and value-added food products for sale to restaurants, retail, on-line sales, and Farmers and Gardeners Markets.

This summer, the CBRC was awarded a \$20,000 grant from the Governor's Office of Economic Development to help develop and open the new incubator. Logan City also awarded a small grant to the center to help with outreach and economic development in the Logan area.

This 1,020 square foot kitchen is located at Logan's West Campus of Bridgerland Applied Technology College (BATC). The kitchen's equipment allows vendors to prepare

their products in large batches rather than making multiple batches on home-scale appliances. The product can be packaged and labeled at the center, preparing it for distribution. Vendors work with the Bear River Health Department, Utah Department of Agriculture, and USU Nutrition and Food Sciences to ensure that products are produced and packaged meeting State, Federal, and USDA guidelines and regulations.

Scheduling is on a first come, first serve basis. After meeting



The Cache Business Resource Center manages the Kitchen Incubator (above) which includes commercial-grade equipment, allowing small businesses to create and sell USDA-approved food products on a larger scale for minimal cost (Photo Source: Cindy Roberts).

necessary requirements with the Health Department and State and Federal agencies, applications may be submitted to the CBRC. Kitchen use time is by appointment, with availability 24 hrs/day, 7 days/wk. Other information is available online at <http://kitchen.cachebrc.com>. Rates are \$50 for a full day (7-8 hours).

The Kitchen Incubator requires a current food handler's permit for all users. Classes are available online (<http://brhd.org>) or at the Bear River Health Department. Classes and exams are held in Logan at the

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Executive Corner

Roger C. Jones
Executive Director, BRAG

It is gratifying to know the many publicly funded services provided by BRAG staff are appreciated. I regularly receive notes and letters from recipients expressing their thanks including this one excerpted from a family in Richmond:

"We are so appreciative of what your weatherization crews did for our home. The crews came in, went to work and were very respectful of our family and our home. They were very efficient and very kind. We have had some hard years and this was such a blessing for our family. Thank you for all you do for everyone to make life happier and healthier."

Neighborhood Nonprofit Housing Foreclosure Intervention

The home foreclosure crisis continues, and more importantly, many families continue to struggle financially. Job loss, underemployment, and medical expenses are just some of the reasons that people are falling behind on their mortgages.

Neighborhood Nonprofit Housing Cooperation (NNHC) has two HUD certified foreclosure counselors on staff who have assisted many individuals with the foreclosure mitigation process. NNHC helps people keep their homes and has a very good track record of doing so. Counseling is free of charge and handled from the NNHC office in Logan, or appointments can be scheduled at the Box Elder County BRAG office in Perry.

If you have any questions, please contact John or Jennifer at 435-753-1112.

Regional Issues



Passengers board the USU Developmental Skills Laboratory bus. Transit services for persons with disabilities, seniors, and low-income individuals are critical for these groups to be able to function in society. However, these services are usually very expensive, and funding is often limited. Through coordination of human service transit in the Bear River Region, it is hoped that costs can be reduced, while maintaining service quality (Photo Source: USU Developmental Skills Laboratory).

BRAG teams up with Nelson/Nygaard for Human Service Transit Coordination Feasibility Study

Mobility management involves creating partnerships among transportation providers in a community or region to enhance travel options, and then developing means to effectively communicate those options to the public. With this approach, resources can be coordinated efficiently, customers are able to make better decisions, and the focus is on enhancing customer service (American Public Transportation Association).

This strategic approach to service coordination and customer service is becoming a worldwide trend in the public transportation sector and we are working hard in the Bear River Region to lead the effort. BRAG is currently working with Nelson/Nygaard and Transitplus, two leading experts in the field of transportation coordination, to develop a cost-benefit analysis of coordination and mobility management strategies for our region.

By working directly or in collaboration with others, the goal is to coordinate

a full range of mobility options for the transportation disadvantaged who live and work in our communities. Broad citizen and agency participation in mobility management planning is important to promote greater efficiency in the use of transportation resources that will help meet an ever increasing need for alternatives to the single-occupant automobile.

Support for the Bear River Mobility Management Implementation Study comes from the U.S. Department of Transportation – Federal Transit Administration, and the Utah Department of Transportation.

Please visit the project website for the Bear River Mobility Management Implementation Study at www.mobilityproject.weebly.com for more information.

Contact Landon Profaizer, BRAG Mobility Manager, with questions at landonp@brag.utah.gov.