BRAG Quarterly

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• BEAR RIVER ASSOCIATION OF GOVERNMENTS QUARTERLY NEWSLETTER •

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BRAG's Logan office on a crisp, January day. BRAG provides various services for individuals and local communities in the Bear River Region. Aging, housing, weatherization, utility, and community and economic development assistance are all services provided by BRAG (Photo: Lisa Duskin-Goede).

2012 BRAG Services at a Glance

Please enjoy learning about the many services BRAG provided throughout the past year.

About BRAG

BRAG was formed in 1971 by Box Elder, Cache, and Rich Counties with support from Governor Calvin Rampton to address problems that extend beyond traditional jurisdictional boundaries and affect the entire tri-county region. BRAG was designed to eliminate duplication of effort and to provide a stronger role for local government officials in planning, coordination, and administering state and federal programs at the local level.

BRAG's shared staff provides a wide range of services to residents of the tri-county area which includes 39 cities and towns and a population of about 175,000. BRAG serves in multiple roles including: Area Agency on Aging, Regional Planning Agency, Community Action Agency, Regional Housing Authority, Economic Development District, Heritage Area Promotion, and Rural Transportation Planning Organization.

IN THIS Issue

1 About BRAG
2 Aging Services
3 Aging Services Cont.
4 Community Development and Planning
5 Community Development and Planning Cont.
5 Economic Development
6 Bear River Heritage Area and Housing
7 Human Services

CALENDAR

- **Wednesdays 6:00-7:00 P.M. BRAG offices at 170 N. Main, Logan** - *Education Workshop "Timely Techniques for Dementia Caregivers". Learn about care giving for individuals with Dementia. For more information, contact Deborah Crowther at 435.713.1462.*
- **Wednesday, February 6th @ 12:00 Noon** - *BRAG Human Services Board and Homeless Council meeting at the new Cache Community Food Pantry in Logan.*
- **Wednesday, April 3rd @ 9:30 A.M.** - *Multi-agency Human Services Needs and Resources meeting at Riverwoods Conference Center in Logan.*

2012 BRAG Services

Aging Services

- Provided assistance and funding to two city and two county operated senior citizen centers that resulted in the following service totals for the year:

Information & Referral	21,005	Contacts
Transportation	9.257	Trips
Telephone Reassurance/ Friendly Visitor	9,777	Contacts
Outreach	2,334	Contacts
Recreation	41,399	Sessions
Congregate Meals	66,334	Meals
Home-delivered Meals	92,144	Meals
Education/Training	16,335	Hours
Legal Services	45	Hours
Number of Volunteers	648	Volunteers
Volunteer Service Hours	52,676	Hours
Total Served by Title III Programs	2,247	Unduplicated Seniors

BRAG provides many services for seniors, including in-home services, information and referral, the Alternatives Program, Aging Medicaid Waiver Program, Family Caregiver Support Program, Long-Term Care Ombudsman, Health Insurance Counseling, and the Senior Companion Program (Above) (Photo: BRAG Senior Companion Program).

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Assistance. Advocacy. Answers on Aging.
Bear River Area Agency on Aging

- Provided a wide range of in-home and supportive services to **42** senior and/or disabled persons through the Alternatives program, **56** seniors through the Aging Medicaid Waiver program, and **37** people on the New Choices Waiver program.
- Provided on-site Service Coordination for **35** residents at St. Mark's Terrace senior apartments in Brigham City.
- The Long Term Care Ombudsman responded to **49** complaints from residents in long-term care facilities, completed **178** facility visits, and provided **14** consultations.
- BRAG Aging Services participated in an Options Counseling project to help seniors and their families plan for possible long-term care and the associated costs. Options counseling has been provided to **495** individuals and their families.
- Caregiver Support Program Service Totals:

Information	1,475	People
Assistance	245	People
Counseling/Support Groups/ Training	191	People
Respite	15	People
Supplemental Services	7	People

2012 BRAG Services

Kris Albretsen, Bill Cox, and Lisa Auger (Above; left to right) and several others were honored on May 3, 2012, for providing more than 20 years of service to seniors in the Bear River Region (Photo: Michelle Benson, BRAG).

- Health Insurance Information
  - Counseled **1,351** seniors in the tri-county area on Medicare Part D comparisons and enrollment, billing, Medicare claims, and Medicaid; a **30%** increase from 2011.

- The Senior Companion Program volunteers provided respite, transportation, friendship, and socialization to isolated elderly and disabled adults.

Senior Companion Service Totals:

Senior Companion Volunteers	23	People
Clients Served	125	People
Service Hours Rendered	17,397	Hours
Transportation Provided	74,867	Miles

- BRAG Aging Services continued to serve as the **Northern Utah Alzheimer Association Service Center** helping to increase awareness and understanding of memory loss in the Bear River Region and provided the following services:

Information & Referral	192	People
Counseling the Caregiver	28	Participants
Respite Care provided by Senior Companion Volunteers	2,124	Hours
Alzheimer's Volunteer Hours	869	Hours

- The Area Agency on Aging partnered with Utah State University and the Cache County Alzheimer Coalition to bring Pauline Boss, PHD and author of *Loving Someone Who Has Dementia*. Her lecture was directed at helping caregivers find hope while coping with the stress and grief of caring for a loved one with Alzheimer Disease. **60** family caregivers attended her lecture. A second event, attended by **31** family members, was also provided on the ABC's of Care giving where family caregivers discussed the importance of good nutrition, activities for people with memory loss, and effective care giving strategies.

- BRAG's Area Agency on Aging provides a **Caregiver Support Group** on a biweekly basis to assist caregivers and care receivers in Cache and Box Elder counties. The successful support groups are instrumental in providing the vital support which exhausted caregivers require to continue their efforts in caring for their loved ones in the home. Classes for people with memory loss are offered in conjunction with the support groups and provide activities to stimulate memory function and physical health as follows:

Caregiver Support Groups	49	People	84	Support Groups
Memory Loss Classes	37	People	84	Classes

- Participated in **6** Health Fairs throughout Cache and Box Elder counties. **133** elderly adults were served by providing information on various topics directly associated with issues that are of interest to the aging population. The information provided assists the older adult with the ability to make more informed decisions about their current needs and situations. The elderly face a number of issues that require information and support for themselves and their loved ones. Health fairs are an excellent means of providing this assistance to those in need who may not otherwise have access to the information needed to assist them with receiving the available services that directly address their needs.

- At minimum wage, volunteers provided **$381,901** worth of uncompensated service throughout the tri-county aging services network.

2012 BRAG Services

Community Development and Planning

- Provided economic, social, and population data as the region's State Data Center Affiliate.

- Provided local regional support for allocation of **$386,000** of Community Development Block Grant Funds (CDBG) to **4** community development projects as well as BRAG.

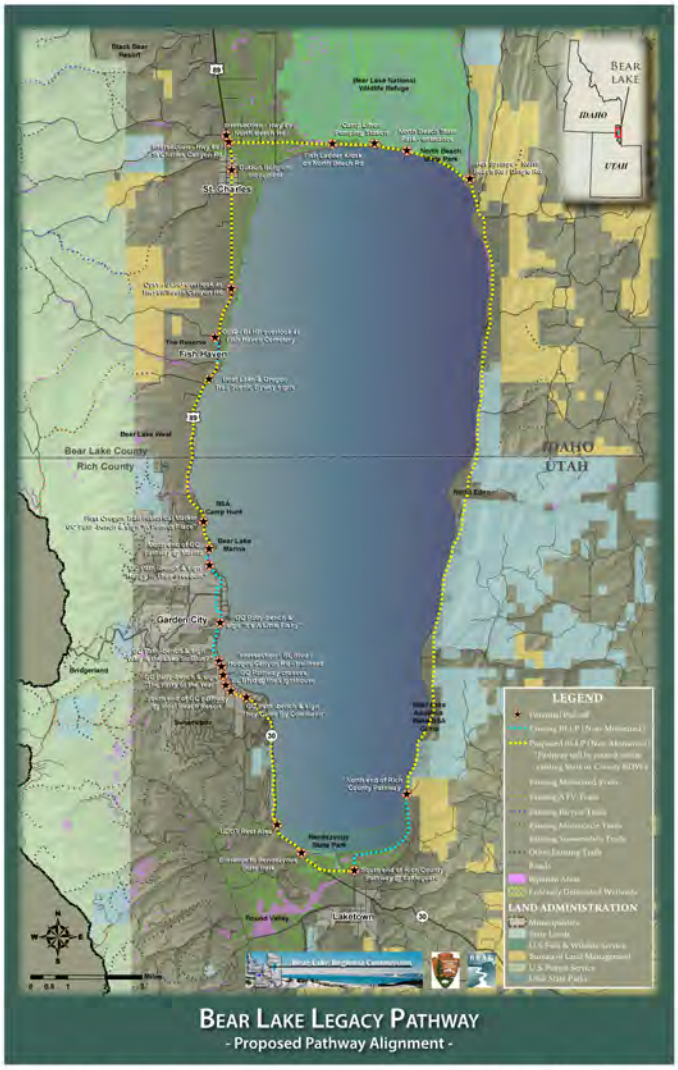
The newly remodeled kitchen at the Bear River Valley Senior Center was partially funded with CDBG funds (2008 Project).

- Completed the 2012 Regional Consolidated Plan for the Bear River Region including components for Economic Development, Housing, Homelessness, and Capital Improvement List updates.

- Provided planning technical assistance to Richmond City and Portage Town on general planning and zoning issues and assisted with affordable housing planning in North Logan City and Tremonton City, including needs assessment, general plan language, project funding, and planning coordination among jurisdictions.

- Assisted with trails planning in the Bear Lake area, Tremonton, and Willard City, and secured **$20,000** in trails funding for Tremonton City.

- Created a regional trail corridor GIS analysis for eastern Box Elder County and for the Bear Lake Legacy Pathway.



BRAG staff currently serves on the Bear Lake Legacy Pathway Planning Committee, which completed a regional concept plan in 2012 (See map above showing proposed future pathway alignment). BRAG staff continues to provide GIS and mapping services for the project.

- Created an informational handout on the benefits of community trails planning, and an affordable housing booklet which provides information on how to integrate well-designed affordable housing in local communities.

- Provided staff and technical resources to the Box Elder County Rural Transportation Planning Organization (RTPO) to address transportation and air quality planning and project prioritization in eastern Box Elder County.

2012 BRAG Services

- Assisted Rich County, Garden City, Nibley City, Tremonton City, Smithfield City and Plymouth Town with funding applications to the State Permanent Community Impact Board (CIB) for planning projects. Over **$127,500** of planning assistance grants and **$190,000** in loan funds were received by communities in the Bear River Region through the CIB process in FY 2012.

- Provided regional representation on Cache County Planners Committee, Box Elder County Planners Association, Rich County Planners Committee, Cache Valley Transit District Board, Utah Population Estimates Committee, and Bear Lake Visioning Technical Committee.

- Completed a Mobility Management feasibility study to address transportation coordination opportunities for agencies and companies that provide transit services to seniors, persons with disabilities, and low-income individuals. A Regional Mobility and Access Council was established to prioritize projects designed to address regional needs; BRAG provides staff support for this council.

- Completed an Eastern Utah Interoperable Emergency Communications Plan for Uintah Basin AOG and Southeastern Utah Association of Local Governments.

This visualization was created by BRAG staff to show what a potential pathway east of the County fairgrounds in Tremonton City could look like.

Economic Development

- Consistent with the regional Comprehensive Economic Development Strategy, fostered a regional perspective among jurisdictions in community and economic development strategic planning.

- Partnered with economic development professionals in Box Elder, Cache, and Rich Counties to design and facilitate the seventh annual "What's Goin' Down Up North?" conference to showcase business and economic development activities in Northern Utah, held on September 27, 2012.

- Directed a Business Expansion and Retention (BEAR) assessment and counseling program for local businesses in partnership with the State Department of Workforce Services, Box Elder County, Logan City, Brigham City, and local Chambers of Commerce. **395** businesses have been visited and surveyed, generating **414** referrals for assistance from local private and public service providers.

The Cache Business Resource Center

CACHE
BUSINESS RESOURCE CENTER

- Partnered with the Bridgerland Applied Technology College to staff the Cache Business Resource Center where **2,518** individuals were provided with entrepreneurism business planning assistance, **1,284** of which were low-to-moderate income.

- Provided **25** business classes for **583** entrepreneurs and small business owners.

- Worked with Utah State University and other business development entities to deliver workshops on business planning and "How to Set Up and Operate a Small Business." BRAG also provided **8** scholarships to income-qualified individuals to attend these workshops.

2012 BRAG Services

- Serviced **8** business loans totaling **$766,000** through Fiscal Year 2012 (**116** loans have been underwritten since 1986).
- Provided procurement assistance to **151** companies which generated contract awards valued at **$11.5 million** and affected **230** jobs.

The Bear River Heritage Area

(Includes Box Elder, Cache and Rich Counties in Utah, and Oneida, Franklin, Caribou and Bear Lake Counties in Idaho)

Heritage Products

www.bearriverheritage

BEAR RIVER HERITAGE AREA — *Blessed by Water, Worked by Hand*

In the Bear River Heritage Area (BRHA), ranching and agriculture are still primary occupations that sustain a rich agricultural heritage. Historically, Shoshone Indians hunted plentiful wild game, gathered seeds and berries, and farmed in small amounts. In the 19th century, Mormon settlers developed the Bear River and its tributaries to increase agriculture. Agriculture brought in new cultural groups with their traditions and celebrations, including Japanese-Americans, Latinos/as, Asians and Eastern Europeans. This tour lists some well-established family owned businesses that are known for their quality products and services. More and more people are turning to heritage rich resources such as orchards and small farms, dairies, home gardening and canning—to name a few—and establishing new businesses each year. Look for them as you travel the Bear River Heritage Area.

Fresh Peaches at Fielding Market - Utah

Cache Valley Gardeners Market - Utah

Calder's Bear Lake Raspberries - Utah

Slide Ridge Honey Demonstration Beehive

HERITAGE AREA PRODUCTS

APPLES AND APPLE CIDER

Paradise Valley Orchard
Fresh apples, unpasteurized cider, pears, pumpkins, squash.
Location: 9971 S. Hwy 165, Paradise, Utah
Information: 435.245.6203; Paradise Valley Orchard on Facebook.

Zollingers Fruit & Tree Farm
Apples and fresh-pressed cider, melons, fall pumpkins and squash, trees and shrubs.
Location: 1000 River Heights Road, River Heights, Utah
Information: 435.787.1867; www.zollingerfarm.com

Dragongoose Farm & Apple Cider
Apples and fresh cider in the fall. Other times of the year visit the historic home, the rose garden and Champion Box Elder Tree. Call before you visit.
Location: 1700 S. 800 E., Lewiston, Utah
Information: 435.258.2702; www.dragongoose.com

HONEY, JAMS AND JELLIES

Cox Honeyland
Founded in 1929, offers famous Utah honey and gourmet food products. Educational information and observation hive.
Location: 1780 S. Hwy 89/91, Logan, Utah
Information: 435.752.3234; www.coxhoney.com

Slide Ridge Honey
Honey, lotions, honey vinegar specialty wine
Location: 1600 S. 5400 W., Mendon, Utah
Information: 435.752.4956; www.slideridgehoney.com

Baker Ranch Raspberry Jam
Homemade raspberry jam and jelly, raspberry jalapeño. Homegrown and pesticide free.
Location: 11716 S. Dempsey Creek, Lava Hot Springs, Idaho
Information: 208.776.3684; www.bakerranchlava.com

Bees Brothers
Known for their buttery, honey caramels.
Location: Logan, Utah - Sold seasonally at Cache Valley Gardeners' Market and some retail outlets.
Information: On Facebook, or beesbrothers@gmail.com

The Honey Jar
Location: 5970 N. Hwy 38, Honeyville, Utah
Information: 865.484.6639; www.thehoneyjarhome.com

Head's Famous Jam
Harry and Beverly Head, Malad, Idaho. "We grow it, we pick it, we jam it!" Apricot, raspberry, apple butter, peach, blackberry.
Location: Available by appointment, summer festivals or pick up at 93 Bannock Street in Malad over the Winter Holiday season. Call first for times.
Information: 208.766.4530

Butcher's Bunches
Local produce only, no sugar added jams and jellies.
Location: Sold at Cache Valley Gardeners' Market in summer, CVGM Winter Gift Market in December, online and retail outlets. Butcher's Bunches on Facebook.
Information: 435.512.1378; www.butchersbunches.com

BEAR LAKE RASPBERRIES

Enjoy a famous raspberry shake overlooking Bear Lake. Visit a local raspberry farm or roadside stand where you can purchase these early fall fruits.

Bob's Bear Lake Berries
61 W. 200 S., Laketown, Utah, 435.946.3384

Chad's Raspberry Kitchen
150 E. Center, Laketown, Utah, 435.946.3453

Calder's Bear Lake Raspberries
Laketown, Utah, 435.946.8861

Early Farm
1749 Southwest Round Valley Drive, near Laketown, Utah, 435.757.1461

This Heritage Products Itinerary is one of five themed, self-guided itineraries produced by the Bear River Heritage Area and BRAG staff. These itineraries include Heritage Products, an Agricultural Tour, Cemeteries, a Hot Springs Tour, and a Scenic Loop Tour, and will be available online and at local Visitor's Bureau offices.

- Continued efforts to partner with current and potential Bear River Heritage Area businesses, heritage sites and local governments to build support for heritage area projects and increase tourism revenue.
- Developed new promotional video to showcase heritage activities and businesses via social media and website and published heritage tourism itineraries.
- Received a grant from the National Endowment for the Arts to document regional heritage arts and crafts, and to promote exhibits, workshops and publications.
- Developed self-guided tour itineraries for Heritage Area visitors to experience different aspects of local culture including hot springs, pioneer cemeteries, agricultural attractions, and scenic byways.

Bear River
HERITAGE AREA

Housing

- Provided on-going rental assistance to **663** eligible low-income households at a total cost of **$2,778,708**.

BRAG's Tremonton Village single family homes (above), provide affordable housing in the greater Tremonton area. There are 12 BRAG-owned and managed homes and 24 apartment units in Tremonton.

2012 BRAG Services

- Performed **772** dwelling unit inspections to ensure housing quality standards.
- Placed homeless victims of domestic violence in housing including **11** families using approximately $48,000 for rental assistance along with supportive services.
- Emergency repairs were completed on **31** homes: 12 in Box Elder County and 19 in Cache County. Assisted **4** additional homeowners with water/wastewater systems.
- Weatherized **91** homes: 60 in Cache County, 25 in Box Elder County and 6 in Rich County.
- Replaced **80** furnaces: 48 for energy reasons and 32 for emergency reasons; **58** water heaters, 3 for energy reasons and 55 for emergency reasons; and **39** refrigerators for eligible low-income families. **8** air conditioning units were provided for disabled clients.
- Provided **27** first-time home buyers with up to **$2,000** in down payment or closing cost assistance.
- Performed **97** lead-based paint inspections: 62 on homes weatherized, 15 on homes rehabbed, and 20 for the First Time Home Buyer program.
- Housed **14** families in BRAG CROWN single family homes (12 home subdivision), and **27** families in BRAG CROWN Village Apartments (24-unit affordable apartment complex) in Tremonton.

Only Zack Mitchell with BRAG's Weatherization Department was able to fit inside this furnace to disassemble it from the inside out prior to replacing it with a new furnace.

Human Services

- Provided **291** households with crisis-related financial assistance (114 housing, 177 utilities) along with counseling and referral.
- Provided prescription eye wear assistance to **2** income eligible clients.
- **3,374** households received help in paying for utilities with an average of **$300-$350** in assistance. The federally funded HEAT program provides winter home heating assistance and year-round energy crisis intervention for income-eligible households throughout the state and nation. The program has also been effective in preventing numerous low-income households from having their utilities shut off, especially during the winter months.
- Provided funding and assistance to **11** local human service agencies and **3** food pantries.
- Organized and trained **27** volunteers to help **470** families file state and federal income tax returns.

Additional Regional Services

- Facilitated intergovernmental cooperation and collaboration.
- Provided an effective and efficient shared regional staff.
- Brought over **$8 million** in state and federal resources to the region to meet local needs.

Save the Date!

On April 17-19, 2013, the Utah Chapter of the American Planning Association will be holding their spring conference in Logan, Utah. Training will be provided for local elected and appointed officials at a discounted rate. Mayors, City Councils, Planning and Zoning Commissions, City Managers and others interested in learning about community planning, transportation planning, code enforcement, project funding, and other planning issues are encouraged to attend. For more information, contact Zac Covington at 435.752.7242 or zacc@brag.utah.gov.

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Bear River Heritage Area
www.bearriverheritage.com

Cache Business Resource Center
www.cachebrc.com

BRAG Mobility Management
www.bearrivermobility.org

Please submit articles or ideas to
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