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Bed 'n' Biscuits Announces New Manager/Trainer

Switchpoint is excited to announce the newest addition to the Bed 'n' Biscuits team! Jessica Sides will be the new manager at Bed 'n' Biscuits and brings with her a career of experience when it comes to dogs and training.

Jessica began her career 13 years ago as a part time kennel attendant. She jokes about those humble beginnings, "picking up dog poop and supervising groups of dogs" with fondness. She was then promoted to a full time position and soon after was taken under her boss' wing. She learned quickly by watching and participating, taking seminars with Brian Killcommons, Jennifer Vickery and getting certified in canine CPR and First Aid. It wasn't long after, she began to get her own clientele that would request her for training.

Jessica looks at every dog and owner differently and takes into consideration the dog and owner's lifestyle. Dog training has become Jessica's love and passion and she feels that it just comes naturally. Jessica has experience working with dogs and owners with disabilities as well as training basic obedience, intermediate and advanced techniques and dogs with behavior and aggression issues.

Jessica believes that one must always continue to learn new things and looks to advance in the field of dog training and care. Stop in today and have your dog meet our new manager and trainer. We know it will be "puppy love" at first sight!



switchpoint™

QUARTERLY NEWSLETTER OCTOBER—DECEMBER 2017

"It Takes All Of Us"

SWITCHPOINT'S MISSION:

- To empower homeless families & individuals in Washington County by addressing the underlying cause of poverty & providing each client with an individualized, comprehensive plan that supports them on their journey to self-sufficiency & the opportunity to contribute to the community.

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Katrina Polito moved to St. George from South Carolina in 2015 determined to start a new life of sobriety and be a positive role model for her two young children. She sold everything she owned and hopped on a bus with only 8 bags of luggage to her name.

Katrina was able to move in with her family while she was looking for employment. The opportunity of working for RAM as an aerospace technician and coil assembly worker became available and Katrina applied.

"I was so excited when I learned that I had the job. At first, I wasn't sure if it was for me. But I have been able to stick with it and continue learning and adding to my skills. It is the first job I have ever had that offered health benefits, vacation and sick time. I have already had three raises since I started work and am so thankful every day for my employment with RAM," states Katrina.

After several months of employment, Katrina was able to rent her own basement apartment. It was at this time that one of the allies in the Switchpoint Circles program - who also happened to be in her church - approached Katrina and told her what the program was about and that she felt Katrina could benefit from getting involved.

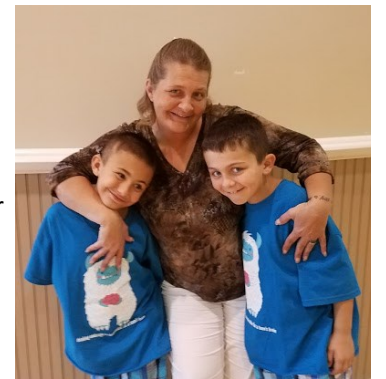
"The Circles program sounded like an amazing opportunity for me. I would be learning how to budget so I could get out of debt and repair my credit, set goals, learn to save and be a better parent. And I could learn these skills to better myself for free? Who wouldn't want to take that challenge! Katrina says that since she joined the Switchpoint Circles program, it is the first time that she has ever lived on a budget.

"I never learned this skill before. It has been so eye-opening and confidence-building to know that I am in control of my finances and I can save money. My allies have helped me a lot with this. They even took me to a credit union to get me a card so I could start the process. They didn't have to do that. But I had never done anything like that before and it was a tremendous help," Katrina said.

Katrina has also been able to make many new friends with Circles. It is part of the curriculum.

"Networking and expanding your social capital is an entire class within Circles. You wouldn't think that would be important. But now I see that the more I reach out the more help I receive. It's almost like a secret of middle class. But the program teaches you these little helps and you have opportunities to apply them through the experience," Katrina stated.

"The biggest lesson I have learned with Circles is that when you have a problem, don't run away from it. The problem will only follow you. You need to stay your ground and face your fear head on. Take care of it and don't let it control you. When childcare for my two boys fell through, my first instinct was to run away - run back east to be with my daughter so she could watch my boys. That would have been the worst thing to do. I would have thrown myself and my family back into the circumstances that dragged me down in the first place. My allies talked with me about other possible solutions. They suggested I check with my church to see if there was someone who wanted to make some extra money. I never thought of that. This ended up working out great for me. My neighbor was willing to watch them and now I have another friend I didn't know I had. This program takes work but it is worth it. I am so grateful every day for my involvement with the Switchpoint Circles program. It has helped me change my life."



Switchpoint in the News!

Homeless in St. George Win This Cycling Race

ST. GEORGE —

Cycling and homelessness, at first glance, don't seem to have much connection. Cycling is fun and homelessness, well, not so much.

But Switchpoint Community Resource Center, Washington County's organization that provides much-needed services for our homeless community, has created a match made in heaven by offering cyclists the opportunity to have fun and support Switchpoint's work by participating in the October 2017 Fall Tour de St. George.

Washington County, along with four other counties in Utah, has a significant intergenerational poverty problem. Intergenerational poverty is different from temporary "situational" poverty, which is a big problem not only for the individuals and families but for society generally.

Switchpoint and Red Rock Bicycle Company have teamed up for a second year to offer cyclists not only a great outdoor activity but a chance to raise much-needed money to support Switchpoint. With a goal to raise \$30,000 - nearly twice that of last year's \$17,000 - this year's effort titled "Breaking the Cycles of Homelessness" is poised to be one of our area's most significant events.

That's not to diminish the purpose of other recreational

events, but the end result of this one seems to bring more "human" value not just economic.

Money raised by participating cyclists in 2016 helped 696 individuals obtain food, shelter, GEDs, replace identification documents, receive bus passes to get back and forth to work, and contributed to rental deposits on housing—all activities that helped them become self-sufficient.

What's needed is for cyclists—and this community has many! - to get involved and sign up early for this event. Need a little encouragement to get moving on this? Here are just a few more examples of what Switchpoint has done so far:

- Provided 3,200 households with over 2,672,000 pounds of food.

- Assisted over 2,000 people with emergency shelter.

- Assisted 640 families through Temporary Assistance for Needy Families grant funding.

- Assisted 370 families through Continuum of Care grant funding.

I've been volunteering at Switchpoint for five months and I've seen how important the service they render is for folks who really need it and appreciate it. While many in our community are out enjoying the great vistas and recreational opportunities this area offers, many others are just trying to make ends meet, find employment opportunities and put a roof over their heads.

The people I've met at Switchpoint during my short time there have been focused on solving problems, but they need a hand to help with that. That's why Switchpoint is so important.

Cyclists who have participated in the past may notice that the registration fee has increased this year. The need in our community has increased with the uptick in growth, and that's caused housing process and rents to increase. Switchpoint works to support our homeless community and get them back on their feet working but it takes the entire community to make it happen and be successful.

Don't ride? No problem! There are other ways to contribute. Check out the Switchpoint website (switchpointcrc.org) for their upcoming DixieGives2017 campaign and other opportunities for service. Since Switchpoint has been open, they've received over 160,584 hours of volunteer service. Can you add your hours, too?

Please go to the Tour de St. George website to sign up: <http://ridesouthernutah.com/events/fall-tour-de-st-george/>.



Written by Lisa Rutherford, Spectrum News, September 10, 2017
Fall Tour de St. George, St. George, Utah
Photo courtesy of Red Rock Bicycle

Thank You to Our Donors!

Switchpoint would like to recognize all those in our community for leading the way in addressing your community needs and taking up the challenge of solving homelessness in Washington County! We thank you for your support!

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