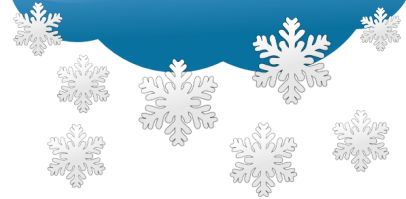


# Ability 1<sup>st</sup> Utah

## A VOICE OF OUR OWN

JAN ~ FEB 2014



## Advocacy is...

### FUN - EASY - IMPORTANT - EVERYONE'S JOB

We cannot achieve our 2014 goals without strengthening our ability to influence policy at the local, state and federal levels. Lawmakers address numerous issues every year that affect people with disabilities. Elected officials, and their staffs, look forward to meeting with you!

Be a squeaky wheel! Don't rely on others to make your case - you have to carry your own water. Start at home...all politics is local. Localize your story and remember...

You are more than a name.

You are more than a social security number.

You are a person with a face, a life and a story to tell.

## Ability 1<sup>st</sup> Utah invites you to come and learn how to be an advocate and how to tell your story!

WHERE: Ability 1<sup>st</sup> Utah

DATE: January 8, 2014

TIME: 11:00 AM - 12:30 PM



**AND AFTER YOU ARE READY  
TO BE AN ADVOCATE....**

**MAKE YOUR VOICE HEARD ON CAPITOL HILL!!!**

### In this issue:

- Youth Korner P.2
- Ability First News P.3
- Calendar P.4
- Calendar P.5
- Juab & Sanpete P.6
- En español P.7
- Your Story P.8

**Wednesday, January 15, 2014 ~ 10:00 AM-2:30 PM**  
Utah State Capitol Advocacy Training Day. Learn to ask the legislators the right questions. Light lunch provided

**Thursday, February 6, 2014 ~ 4:00-5:45 PM**  
The Legislative Coalition for People with Disabilities (LCPD) Reception with Legislators, Capitol Rotunda. Light dinner provided

**Transportation available, but limited! Call soon to reserve a seat.**



# Youth Kormer

Please Note: This calendar is strictly for the Youth Program.  
For other activities, please see the main calendar.

**H**ello Youth Students! The New year is here and so is the cold weather!



We've had a lot of exciting presenters these last few months. We learned from some BYU Dietetics students,

Molina Healthcare, and "The Earthquake Lady." "The Earthquake Lady" brought her earthquake house to the center and showed us what an earthquake could do to an unprepared home!

We also had a great Thanksgiving potluck complete with some tunes and dancing!



We cranked the jams and let loose and it was great to see everyone enjoy themselves.

We're getting ready for a new year and plenty of great classes. Stay warm out there!

If you have any questions or suggestions, please feel free to contact:

Susan Grant  
Youth Program Developer

## January 2014

Tuesday	Wednesday	Thursday
		2 <b>NO CLASSES</b>
7 Nebo Class	8 Individual/Team IL Skills Class 3:15-4:15	9 IL Skills/Cooking 12-2
14 Nebo Class	15 Cooking Class 3:15-4:15	16 IL Skills/Cooking 12-2
21 Nebo Class	22 Individual/Team IL Skills Class 3:15-4:15	23 IL Skills/Cooking 12-2
28 Nebo Class	29 Cooking Class 3:15-4:15	30 IL Skills/Cooking 12-2

## February 2014

Tuesday	Wednesday	Thursday
4 Nebo Class	5 Individual/Team IL Skills Class 3:15-4:15	6 IL Skills/Cooking 12-2
11 Nebo Class	12 Cooking Class 3:15-4:15	13 IL Skills/Cooking 12-2
18 Nebo Class	19 Individual/Team IL Skills Class 3:15-4:15	20 IL Skills/Cooking 12-2
25 Nebo Class	26 Cooking Class 3:15-4:15	27 IL Skills/Cooking 12-2



## DEPOSIT YOUR "TICKET" WITH ABILITY 1<sup>ST</sup> UTAH EMPLOYMENT SERVICES

Social Security's Ticket to Work Program is a free and voluntary program available to people ages 18 through 64 who are blind or have a disability and who receive Social Security Disability Insurance (SSDI) or Supplemental Security Income (SSI) benefits.

While participating in the Ticket to Work Program, beneficiaries can get the help they need to safely explore their work options without immediately losing their benefits and find the job that is right for them.

### COME IN AND LEARN MORE

**New opportunities...the choice is yours!**

**Call Janine Culver, Employment Services Coordinator at 801.850.5560**

## Keep your money! You've earned it.

If your household income is below \$57,000 per year, you may qualify for the Earned Income Tax Credit (EITC) of up to \$5,891 – even if you don't owe any taxes!

You may also qualify to have your taxes prepared and filed for free by IRS trained and certified volunteers through **Earn it. Keep it. \$ave it.** and the Volunteer Income Tax Assistance (VITA) program.

Appointments are necessary and fill up quickly, please schedule as early as possible.

Starting January 17 through April 15, dial 2-1-1 to make an appointment or to find out more information about VITA and their locations.

Tax preparation sites are throughout Utah County. For more information go to: <http://www.unitedwayuc.org/our-community/vita>



## Living Well with Chronic Conditions

For people with long-term pain & health concerns

**FREE** six-week workshop to help them learn how to:

- ◆ Manage symptoms
- ◆ Use medication as directed
- ◆ Relax and handle difficult emotions
- ◆ Set weekly goals
- ◆ Problem-solve effectively
- ◆ Work with your health care team

**NEW CLASSES STARTING IN MARCH 2014**

Please call Cristina to sign up for a great, free, workshop!!! 801.373.5044

# JANUARY



Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> <b>NEW YEAR'S CLOSED</b>	<b>2</b>	<b>3</b>
<b>6</b>	<b>7</b> Grocery Shopping 1:00 PM Transportation Available	<b>8</b> Peer Support/Learn to advocate 11:00 AM Transportation Available	<b>9</b>	<b>10</b>
<b>13</b>	<b>14</b> Computer Class #5 1:00 PM Transportation Available	<b>15</b> Capitol Advocacy Training 10:00 AM RSVP (For rides) 	<b>16</b>	<b>17</b>
<b>20</b> Martin Luther King Day  Office Closed	<b>21</b> Art Museum of BYU 11:00 AM Bring Lunch Transportation Available	<b>10</b> Arts and Culture Class 1:00 PM Transportation Available	<b>23</b>	<b>24</b>
<b>27</b>	<b>28</b>	<b>29</b> Nutrition & Exercise Class 1:00 - 2:30 PM Transportation Available	<b>30</b>	<b>31</b>

PLEASE ALWAYS CALL TO CONFIRM IF ATTENDING ANY OF THE ACTIVITIES ON THIS CALENDAR. SOME OF THE ACTIVITIES MAY TAKE PLACE IN ANOTHER LOCATION!

## Learn nutrition for a healthy lifestyle!!!

### Strategies to EAT, DRINK, and STAY FIT!!!

By maintaining a healthy diet and being physically active, individuals can achieve a healthy weight and reduce their risk of chronic diseases. This class will help you increase physical activity and improve nutrition.



**Date:** JANUARY 29, 2014

**Place:** Ability 1<sup>st</sup> Utah

**Time:** 1:00 PM

# FEBRUARY

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
		 Cooking Class 1:00 PM Transportation Available	 LEGISLATIVE RECEPTION AT THE CAPITOL 4:00 PM-RSVP	
10	11	12	13	14
	Grocery Shopping 1:00 PM  Transportation Available	Peer Support 11:00 AM  Transportation Available		
17	18	19	20	21
 Office Closed	BYU Museum of People and Culture 11:00 AM Bring Lunch Transportation Available	Arts and Culture Class 1:00 PM  Transportation Available		
24	25	26	27	28
		Healthy Cooking on a budget 1:00 - 2:30 PM  Transportation Available		



TRANSPORTATION IS AVAILABLE WHEN WE HAVE CLASSES AT OUR OFFICE. WE WILL ALSO PROVIDE ROUTE DEVIATION BASED UPON THE NEEDS WITHIN THE SERVICE AREA.

## Eating Well on the Cheap

Instruction on how to grocery shop wisely, cook healthy and eat sensibly

Taking a few minutes to prepare quick and healthy meals gives you more control over what you and your family are eating.

Come to this class to learn how making smart choices saves you money!

**Date:** FEBRUARY 26, 2014

**Place:** Ability 1<sup>st</sup> Utah

**Time:** 1:00 PM





If you need transportation for doctor's appointment or any of the center's activities, please call me at least 24 hours in advance to arrange for transport or to reserve your seat on the bus.

If you haven't made an appointment with HEAT please do so soon! You can make an appointment by calling (435) 835-2831. You will leave your name and telephone and someone will call you back to schedule an appointment. If you know anyone who may qualify for HEAT assistance, please encourage them to call and make an appointment also. If we don't use HEAT we may loose our allotment. So please call today!

If you haven't gotten a flu shot, you can still get a shot through the public health offices in Juab and Sanpete Counties. They assure me there is plenty to go around. If you



## JANUARY 2014

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Happy New Year 2014 CLOSED	2	3
6	7 Shopping 1:00 PM	8	9	10 Food Bank 12:00 3:00 PM
13	14	15	16	17
20  CLOSED	21 Shopping 1:00 PM	22	23	24 Food Bank 12:00 3:00 PM
27	28	29 Cooking Class 2:00 PM	30	31

## FEBRUARY 2014

Monday	Tuesday	Wednesday	Thursday	Friday
3	4 Shopping 1:00 PM	5	6 Legislative Reception 4:00-5:45 PM	7 Food Bank 12:00 3:00 PM
10	11	12	13 	14 Happy Valentine's Day!
17  CLOSED	18 Shopping 1:00 PM	19	20	21 Food Bank 12:00 3:00 PM
23	24	25 Cooking Class 2:00 PM	26	28

come to an activity and you are visible ill, you may be asked to leave the activity. Please be courteous and kind to others and don't spread your germs.

If you are ill please stay home.





# El rinconcito

Portador de su voz

## Ejercicio y Nutrición...como se pueden incorporar en su vida

Se establece que hacer ejercicios es una gran manera de estar en forma y saludable. Sin embargo, también es necesario incorporar una nutrición adecuada.

Al mantener una dieta sana y la actividad física, las personas pueden lograr un peso saludable y reducir el riesgo de enfermedades crónicas. Esta clase le ayudará a aumentar la actividad física y mejorar la nutrición.

Ability 1<sup>st</sup> Utah  
ENERO 29, 2014  
1:00-1:30 PM



## Como comer bien con un presupuesto limitado

En un período económico difícil el dinero escasea y no alcanza para cubrir gastos alimenticios. Lo importante es saber como no desperdiciar el dinero en alimentos pocos nutritivos. No obstante, eso amerita cocinar más y comer menos fuera de casa. En este caso existen varias recomendaciones...

Venga a una clase que le puede enseñar a comer de manera saludable con un presupuesto limitado, aunque puede que requiera un poco más de planificación.

Ability 1<sup>st</sup> Utah  
FEBRERO 26, 2014  
1:00-1:30 PM



Le gustaría saber como hablar con los legisladores de donde usted vive?

Conocer sus derechos para que usted mismo pueda defenderse?

Tenemos una clase que puede:

- ◆ Identificar sus propias metas
- ◆ Idear un plan para lograr sus metas
- ◆ Aprender cuales servicios están disponibles para usted.



ENERO 8, 2014  
11:00 AM

## ATENCION - ATENCION

### TALLER DE AUTO-ABOGACIA

ENERO 15, 2014

LUGAR: Capitolio de SLC

HORA: 10:00 AM

### RECEPCION LIGISLATIVA

FEBRERO 6, 2014

LUGAR:Capitolio de SLC


HORA: 4:00 - 5:45 PM

## Ability 1<sup>st</sup> Utah Staff

Sandra M. Curcio  
Executive Director  
Jhilma Miranda - Supervisor  
Deon Anderson  
Janine Culver  
Susan Grant  
Becky Halliday  
Wendy Hansen  
Guilherme Meira (Gee)  
Cristina Pitts  
Adam Rowe  
Jennifer Schofield  
Marco Valdivieso



For more information visit our website:  
[www.abilityfirstutah.org](http://www.abilityfirstutah.org)

Follow us on:  or call: 801.373.5044

## IN YOUR OWN WORDS

### *Butterfly Wings*

Straight as an arrow, butterfly wings,  
Take the straight and narrow path  
through these.

Things, out of the darkness and into the light  
The dawn of changes, the ending of night.

### *Artist: Randy Beck*

Randy is a very talented individual, he creates poetry, draws in pencil & ink, and paints with many mediums.

We are happy to see him come to our activities, where he can show us his talents and enjoy the company of fellow consumers!



*Ability 1<sup>st</sup> Utah*

Promoting Independence for People with Disabilities

491 N. Freedom Blvd.  
Provo Utah, 84601

Phone: 801-373-5044  
Fax: 801-373-5094  
[www.abilityfirstutah.org](http://www.abilityfirstutah.org)

*Vision~*

To integrate, build, and  
strengthen abilities for all  
individuals with  
disabilities.



*Return Service Requested*