

Ability 1st Utah

A VOICE OF OUR OWN

MARCH ~ APRIL 2014

Ability 1st Utah

Promoting Independence for
People with Disabilities



INTRODUCING OUR NEW NAME & LOGO

Several hundred years ago, Machiavelli wrote: *"There is nothing more difficult to take in hand, more perilous to conduct, or more uncertain in its success, than to take the lead in the introduction of a new order of things."*

Ability 1st Utah has finally completed its new look! The changes from Ability First, to what it is today were as a result of copyrights and legal issues from a California agency.

Looking at our history of the center, as well as looking ahead of what we are going to do in the future, we realize that we are very close in sun-setting what we can do with the current objectives and we need to move on to much bigger and brighter opportunities, starting with the logo.

We are humbled by the amount of support everyone has given us over the past 13 years, and with this change, among all of the other additions and changes we will make, we hope the next several years will be even better.

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

NEW CLASSES STARTING IN MARCH 4, 2014

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



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

March 2014




Hello Youth Students and Parents! I hope you have enjoyed the winter so far. We have been busy learning about resumes and interview training this past month. We also had presenters from Vocational Rehabilitation come and visit the students. Please take advantage of this great service. I would be happy to help in any way if needed.

We also have had some fun times at the Provo Recreational Center. The students enjoyed getting in the water and playing. Movie day is always entertaining, too!


For March we will be concentrating on money management and following a budget, as well as balancing a checkbook. Don't forget about creating some wonderful dishes, during our cooking class time. We will begin planning for our Youth Summer Program during this time, also.

Last year we provided 2 activities a week for two months (June-July). The fee for last year was \$40 per student. This fee covered admittance to the different locations, as well as fuel costs for transporting. We will be charging the same fee this year. Participation in the Summer program will be on a first come, first served basis. So, please speak to your parents/students about registering early and look for the applications to arrive by April.

If you have any questions, please feel free to contact Susan at 801-373-5044.

Tuesday	Wednesday	Thursday
4 Nebo Class	5 Individual/Team IL Skills Class 3:15-4:15 PM	6 IL Skills/Cooking 12:00-2:00 PM 
11 Nebo Class	12 Cooking Class 3:15-4:15 PM	13 IL Skills/Cooking 12:00-2:00 PM
18 Nebo Class	19 Individual/Team IL Skills Class 3:15-4:15 PM	20 IL Skills/Cooking 12:00-2:00 PM
25 Nebo Class	26 Cooking Class 3:15-4:15 PM	27 IL Skills/Cooking 12:00-2:00 PM

April 2014

Tuesday	Wednesday	Thursday
1  Nebo Class	2 Individual/Team IL Skills Class 3:15-4:15 PM	3 IL Skills/Cooking 12:00-2:00 PM
8 Nebo Class	9 Cooking Class 3:15-4:15 PM	10 IL Skills/ Cooking 12:00-2:00 PM
15 Nebo Class	16 Individual/Team IL Skills Class 3:15-4:15 PM	17 IL Skills/Cooking 12:00-2:00 PM
22 Nebo Class	23 Cooking Class 3:15-4:15 PM	24 IL Skills/Cooking 12:00-2:00 PM
29 Nebo Class	30 Individual/Team IL Skills Class 3:15-4:15 PM	



2014 Reception with Legislators

On February 6, consumers met with local legislators, learned about the legislative process and advocated for people with disabilities at the Capitol's rotunda. This important gathering empowers individuals with disabilities to be part of the dialogue on Capitol Hill and at the state and local level. It was a productive way to make a difference, as they shared their personal stories and the challenges they've overcome. As one consumer put it: "meeting with the legislators proves that we all have a voice and that each one of us has the power to change policies that affect our independence."

Senator Christensen spoke about Independent Living Centers. He indicated that it's amazing how well these centers do with the small budget they are given: "They do a wonderful job maximizing the funds the Subcommittee gives them."

Consumers also attended two other important meetings with legislators. On February 3rd, the public hearing with Social Services Appropriations Subcommittee and February 7th, with the IL Building Block Request. Funding will help others to continue in the program this year and is also needed for people to stay independent in their homes.

Thank you to all of you that took part in such an important cause! Thank you for being a self-advocate, thank you for your testimonies, thank you for helping Ability 1st Utah continue serving YOU!!!!

And always remember... everyone has the ability to be an effective advocate. Using your voice and relaying personal experiences is certainly the most effective advocacy tool!



THANK YOU...

Tom Brownlee - Susan Hardinger - Kathy Hogle - Brent Wyatt - Amanda Stachitus - Randy Beck - Mary Bennion - Lori Norman - George Germain - Kimberly Young - LaDonna McIff - Joshua Christensen - Darren Christensen

FOR MAKING A CHANGE FOR THE BETTER!!!



March 2014


Mon

Tue

Wed

Thu

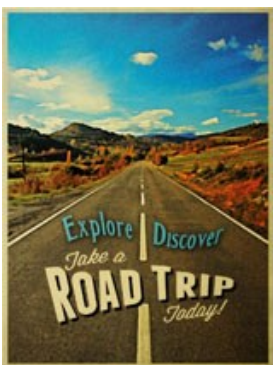
Fri

3	4 Living Well with Chronic Conditions Class # 1 1:00 - 2:30 PM	5 Grocery Shopping 1:00-2:30 PM	6	7
10 Cooking Class 1:00 PM	11 Living Well with Chronic Conditions Class # 2 1:00 - 2:30 PM	12 Peer Support 11:00 AM	13	14
17 Computer Class 1:00 PM	18 Living Well with Chronic Conditions Class # 3 1:00 - 2:30 PM	19 Arts & Cultures Class 1:00-2:30 PM	20	21
24	25 Living Well with Chronic Conditions Class # 4 1:00 - 2:30 PM	26 Bowling 11:00-12:30 PM		
31				

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

INTRODUCTIONS...New Staff

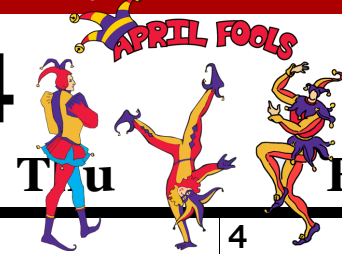
Hello! My name is Aubrey Dillistone and I am the new Life Skills Trainer/Community Integration Coordinator. I'll be teaching the classes and would love ideas from you on things you would like to learn!



I just graduated from BYU with my Bachelor's in Psychology. I consider home to be Kentucky and West Virginia but have spent a lot of my life in the west.

In my free time I like movies, camping, road trips, cooking, and playing games with friends. I'm so excited for this opportunity to get to know each of you individually as we meet and work towards your goals, as well as when we have fun in class.

April 2014



Mon	Tue	Wed	Thu	Fri
	1 Living Well with Chronic Condi- tions Class # 5 1:00 - 2:30 PM	2 Grocery Shopping 1:00-2:30 PM	3	4
7	8 Living Well with Chronic Condi- tions Class # 6 1:00 - 2:30 PM	9 Peer Support 11:00 AM	10	11
14	15 Computer Class 1:00-2:30 PM	16 Arts & Cultures Class Easter Egg Coloring 1:00-2:30 PM	17	18
21	22 Seminar on Self- defense - Instruc- tor: Master Barker 1:00-2:30 PM	23 Smart Shopping with Coupons 1:00-2:30 PM	24	25
28	29 Cooking Class 1:00-2:30 PM	30 SLC Front-Runner Trip - Details to come		



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

My name is Greg Lewis, I am the new Loan Bank Equipment Manager & Van Driver. As part of my duties, as the van driver, it is important that I get you to those activities on time. I want to provide a friendly, efficient, and safe service to all our consumers. While getting you where you need to go is really important, passenger safety is our number one priority. So here are some things you can do to help us keep you safe throughout your journey.

- Be on time
- Always wear your seat belt while sitting on the bus
- Wait until the bus has come to a complete stop before standing up

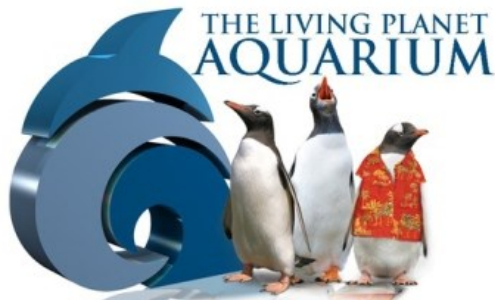
On a personal note...my interests are hiking, fishing, and 4 wheeling. I also enjoy dancing and playing Pool. I am looking forward to bringing you to the classes and events at Ability 1st Utah!





When you need transportation to doctor's appointment or for medical tests, please remember to call as

far in advance as possible to arrange for transportation. Every attempt will be made to accommodate you and get you where you need to go, but remember that sometimes things come up and transport is not available.



If you plan on attending any of the activities

on the agenda, please let me know at least one week in advance. The entrance fee for the Living Planet Aquarium has gone up. Admission is \$19.95. However there is a lot more to see at the new location!

For trips outside of the area such as the aquarium and shopping, please remember that you need to bring money to purchase your lunch or you can bring your lunch.

MARCH 2014

Tuesday	Wednesday	Thursday	Friday
4 1:00 PM Shopping	5 Food Bank	6	7
11 Shopping in Orem/Provo	12 	13	14
18 1:00 PM Shopping	19 Juab County Seniors	20 Craft Class Card Making 2:00 PM	21
25	26 Food Bank	27	28

APRIL 2014

Tuesday	Wednesday	Thursday	Friday
1 1:00 PM Shopping	2 Food Bank	3	4
8	9	10	11
15 Living Planet Aquarium Bring lunch	16 Juab County Seniors	17 Craft Class Spring Wreaths 2:00 PM	18 
22 1:00 PM Shopping	23	24	25 Food Bank
29	30		

Our address:
85 North 100 West
Emphraim, UT 84627

Phone: 435.283.4949
Email:
wendy@abilityfirstutah.org



El rinconcito

Portador de su voz



6 claves para vivir sin estrés

Para que tengas una mayor calidad de vida y prevengas enfermedades ocasionadas por estrés, sólo debes seguir las siguientes recomendaciones:

1. Organízate: Haz una lista de prioridades y organiza tu tiempo para cumplirlas. Deja que tu vida fluya sin que pretendas controlar todo al mismo tiempo.

2. Distracciones: Disfruta de algunos pasatiempos, son una forma muy eficaz de dejar de pensar en nuestras preocupaciones.

3. Socializa: Al relacionarte con personas de entornos diferentes que tengan una influencia relajante te ayudará a reducir tu nivel de ansiedad y estrés.

4. Actúa naturalmente: Haz actividades creativas, solidarias o de contacto con la naturaleza.

5. Actívale: Tal vez parezca redundante, pero al realizar alguna actividad física se reducirán tus niveles de estrés, ya que el ejercicio genera endorfinas, neurotransmisores del bienestar natural.

6. Eleva tu espíritu: Desarrolla tu receptividad hacia las cuestiones más trascendentes.

Recuerda que todas las personas reaccionan diferente ante las situaciones de estrés, es decir, unos se dejan llevar por los nervios y otros se bloquean o se desmoronan. De ti depende superar la ansiedad y llevar una vida relajante. Y tú, ¿cómo manejas el estrés?

Sabían?


La Vida Independiente es una filosofía y un movimiento de las personas con discapacidad que trabajan para su auto determinación, igualdad de oportunidades y respeto personal. Para este fin, necesitan apoyarse y aprender unos de otros, organizarse y trabajar por los cambios políticos que llevan a la protección legal de sus derechos humanos y civiles. Aunque en Estados Unidos se ha aprobado la legislación de mayor alcance en derechos para las personas con discapacidad, la realidad es que la mayoría de la población con discapacidad no se siente beneficiada. Debido a que se les a dicho que no pueden hacer mucho por ustedes mismos, han dependido de otras personas para pelear su causa. Por eso necesitamos que sepan abogar por si mismo y que participen en actividades donde vamos al Capitolio y hablamos con los legisladores. Cuando pedimos que participen en esos viajes al Capitolio es porque queremos que su voz se escuche! Abogue por usted y únase a la batalla!

Quemos que nos den sus opiniones sobre las actividades que ofrece Ability 1st Utah a sus consumidores. ¿A que actividades irían ustedes? ¿Les gustaría que no fueran en ingles? Y si son en ingles, ¿quieren un interprete? Aubrey es la persona que ha remplazado a Veronica, ella no habla nuestra lengua, pero ella quiere incluirlos a todos ustedes en las actividades que se ven en el calendario (paginas 4 y 5). Hable con nosotros o llámenos y cuéntenos sus deseos! 801.373.5044

Ability 1st Utah Staff

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

For more information visit our web-
site: www.abilityfirstutah.org

Follow us on: 

Call: 801.373.5044

Visit us at:

491 N Freedom Blvd. Provo UT

IN YOUR OWN WORDS



This is a
story of
friendship and love.

When Randy met
Amanda, no disability could
keep them apart.

Summer love was at work when
they met at Ability 1st Utah last
year and now they are getting mar-
ried!

The two will tie the knot on March
22nd, 2014!

They are the first couple to
meet and fall in love while
participating in Ability 1st
Utah activities.

Both share common inter-
ests in art, movies, and
music. They are excited to
start their life together and we are
excited for them!

**CONGRATULATIONS
RANDY & AMANDA!!!!**

Ability 1st Utah
Promoting Independence for People with Disabilities

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www.abilityfirstutah.org

Vision~

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

Return Service Requested