

Ability 1st Utah

A VOICE OF OUR OWN



MAY ~ JUNE
2014



WANT TO KNOW FROM WHERE OUR MONEY COMES? Legislative Advocacy at Ability 1st Utah

It's a wrap; another challenging, Legislative session has come and gone for 2014.

This session was no exception for the many tough decisions that our Legislators had to make to balance the budget and meet the multiple needs of the state.

This year we had a group of our consumers testify at the So-

cial Services Appropriations committee giving public testimony and one of our consumers testified during the Independent Living Building Block presentation. They did a wonderful job!

We also had a big group of consumers from our Satellite area and Utah County attend the Legislative Coalition Reception, which gave our consumers the opportunity to talk in person to their Representatives and Senators.

Ability 1st Utah would like to take this opportunity to thank our State Legislators Committees, from the Social Services Appropriations to the Executive Appropriations for their continued support of the Independent Living program.

The Six Centers did receive one-time funding in the amount of \$250,000 and the Assistive Technology Program received \$500,000 one-time dollars as well.

Thank you for all of their hard work and dedication, it is truly appreciated!

We want to thank all of our consumers for their willingness to participate in all of the legislative advocacy activities and their belief in the independent living program.

Working together we can make a difference for people with disabilities.

Sandra M. Curcio
Executive Director

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Thanks



Thank you to Central Bank, UCCU and Zions Bank who are already committed to sponsor the 2014 Run, Walk, & Roll 5K10K Race event! Ability 1st Utah is very grateful for your support!

And to those who have not yet become involved as a sponsor, we invite you to join this year's remarkable efforts. For it is only by joining forces that we will be able to assist people with disabilities maintain their independence.

5K / 10K Run, Walk, & Roll Race - Saturday, September 20, 2014





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



May 2014

Hello Youth Students and Parents!

The Ability 1st Youth Summer Program is almost upon us. The students have been making suggestions and phone calls to assist in getting all the plans for their outings. Please be on the lookout for the full calendar, along with the application to attend this program, to be coming home soon. We will be going to various places throughout the valley.

Like last year, a fee will be charged for all participants. The fee for this year will be \$40. This will not pay for all the activities scheduled, but Ability First will pay the difference.

This program is open to all youth with disabilities, between the ages of 17 and 23.

Staffing is only able to handle 20 youth, so the first 20 completed applications will be counted.

Requirements to apply are the "2014 Summer Youth Program Application" filled out and returned with the \$40 program fee and the "2014 Youth Summer Program Agreement/Liability Form" filled out and returned. Forms are available upon request from Ability First.

Transportation will be provided to/from Ability First to those who need it. Participants must be able to demonstrate a basic self sufficiency or have someone from home accompany them, as a personal attendant.

The calendar will be posted on Facebook and on our website.



Tuesday	Wednesday	Thursday
6 Nebo Class	7 Individual/Team IL Skills Class 3:15-4:15 PM	8 IL Skills/Cooking 12:00-2:00 PM
13 Nebo Class	14 Cooking Class 3:15-4:15 PM	15 IL Skills/Cooking 12:00-2:00 PM
20 Nebo Class	21 Individual/Team IL Skills Class 3:15-4:15 PM	22 IL Skills/Cooking 12:00-2:00 PM
27 Nebo Class	28 Cooking Class 3:15-4:15 PM	29 IL Skills/Cooking 12:00-2:00 PM

June 2014



Tuesday	Wednesday	Thursday
3 Fishing	4 Individual/Team IL Skills Class 3:15-4:15 PM	5 Living Planet Aquarium Trip
10 Classic Skating Trip	11 Cooking Class 3:15-4:15 PM	12 Springville Art City Days Trip
17  CLARK PLANETARIUM Trip	18 Individual/Team IL Skills Class 3:15-4:15 PM	19 Pizza & Movie
24 BBQ Nielson Park, Orem Laser tag games	25 Cooking Class 3:15-4:15 PM	26 Utah Arts Festival Trip

2nd ANNUAL YOUTH LEADERSHIP CONFERENCE

At Utah State University

JUNE 2-4, 2014

Questions: call Susan at 801.373.5044

SAVE THE DATE >>

Living Well with
Chronic Conditions



A **FREE** six-week workshop where you will learn
how to live with your chronic conditions

**South Franklin
Community Center**

770 S 700 W, Provo

May 1st ~ June 5th, 2014

THURSDAYS

1:00 PM - 3:30 PM

No transportation available

Ability 1st Utah

491 N Freedom Blvd. Provo

June 10 ~ July 15, 2014

TUESDAYS

1:00 PM - 3:30 PM

Transportation available only for our consumers

ONLY REGISTERED PEOPLE WILL BE ABLE TO ATTEND

Register soon- Limited space!!! Call Cristina: 801.850.5566

Welcome to People First of Provo!!!



People First of Utah is a self-advocacy organization that was formed by, is run by, and exists for people with disabilities.

About People First:

Promotes equality for people with disabilities so they can live the life they want in the community.

People First of Provo members:

- Teach and empower people to understand their rights and responsibilities and to speak up for themselves (self-advocacy);
- Stand up for one another to help people live the life they want with the supports they need (advocacy for one another);
- Advocate for community services that allow people to have choices and control over their supports and lives (advocacy at the systems level);
- Create change in communities to ensure opportunity and full, meaningful participation for all people (advocacy within the community).

Come and join our chapter!!!

We meet the 2nd Wednesday of every month from 11:00 AM to 12:30 PM



May 2014

Mon

Tue

Wed

Thu

Fri

			1 Living Well with Chronic Conditions Class #1 1:00 PM (At S. Franklin Center)	2 
5 Presentation by Earthquake Lady 1-2:30 PM	6 	7 Healthy Communicating 1:00 - 2:30 PM	8 Living Well with Chronic Conditions Class #2 1:00 PM (At S. Franklin Center)	9
12	13 Grocery Shopping 1:00 - 2:30 PM	14 Peer Support 11-12:30 PM	15 Living Well with Chronic Conditions Class #3 1:00 PM (At S. Franklin Center)	16 See page 3
19	20 Computer Class 1:00 - 2:30 PM	21 Frontrunner Training (for those unable to attend in April) Details later	22 Living Well with Chronic Conditions Class #4 1:00 PM (At S. Franklin Center)	23
26  OFFICE CLOSED	27 Board & Card Games 1:00 - 2:30 PM	28 Cooking Class 1:00 - 2:30 PM	29 Living Well with Chronic Conditions Class #5 1:00 PM (At S. Franklin Center)	30

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

NEW CLASS ATTENDANCE AND TRANSPORTATION POLICY!



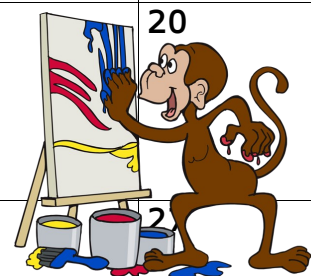

In order to make our services more available to everyone, we're implementing a new plan! We are asking you to pay attention to the calendar for activities that interest you and then call Aubrey to let her know you're coming. She won't always be able to call and make you aware of what's happening, so keep your eyes open for the activities in the calendar!

If you need transportation, then call at least a week in advance to reserve a spot on the van.

Space is limited, so if you can come to classes on your own that is strongly encouraged. Spots on the bus will be given on a first come first serve basis, so transportation is not always guaranteed. Any route changes for the bus need to be given when reserving transportation as well. We do what we can to get everyone here. We need your help to make things run smoothly!

June 2014



Mon	Tue	Wed	Thu	Fri
2	3 Living Well with Chronic Conditions Class #1 (At Ability 1 st Utah) 1:00 PM	4 Fishing Trip 11:00-1:00 Bring lunch	5 Living Well with Chronic Conditions (At S. Franklin Center) 1:00 Ending Class	6
9 Exercise Class with Molina Healthcare 1:00-2:00 PM	10 Living Well with Chronic Conditions Class #2 (At Ability 1 st Utah) 1:00 PM	11 Peer Support 11-12:30 PM	12	13
16 Computer Class 1:00-2:30 PM	27 Living Well with Chronic Conditions Class #3 (At Ability 1 st Utah) 1:00 PM	18 Grocery Shopping 1:00-2:30 PM	19	20
23	24 Living Well with Chronic Conditions Class #4 (At Ability 1 st Utah) 1:00 PM	25 Fresh vs. Packaged Foods 1:00-2:30 PM	26 Utah Arts Festival Stay tuned for	 Art Day
30	 Living Well with Chronic Conditions Class ONLY REGISTERED PEOPLE WILL BE ABLE TO ATTEND See page 3			



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

A few things to remember:

Classes are often around lunchtime, so feel free to bring a snack to keep ya going! Just make sure to clean up after yourself.

"The Earthquake Lady" will come teach us how to prepare for an emergency and what to have packed. She's dynamic, informative, and teaches lessons that may save your life! Don't miss out on this great opportunity to learn!

Molina Healthcare will come teach us some healthy and achievable exercise strategies. They keep things upbeat and fun, so please join us!

The Facebook page will be updated more often with details so watch for us on there! Find us by searching Ability First on Facebook!

The campout is coming up!

This year it will be at Anderson Cove Campground in Ogden from **July 15-17**. More details will come soon. Call to reserve a spot early!





May 2014

June 2014



Juab & Sanpete Counties
Adult Activities only

Tuesday	Wednesday	Thursday
6 Shopping 1:00 PM	7	8
13 Craft Class 1:30 PM	14 Food Bank 12:30 PM	15
20 Shopping 1:00 PM	21	22
27 Hogle Zoo TBA	28 29 Note: MAY 2nd Food Bank 12:30 PM	

Tuesday	Wednesday	Thursday
3 Shopping 1:00 PM	4	5 Cleveland Di- nosaur Quarry Pick up begins at 8:00 AM
10	11	12
17 Shopping 1:00 PM	18	19
24 Craft Class 1:30 PM	25	26


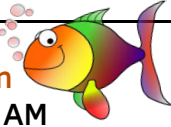
NEWS-NEWS-NEWS

We want to help and become a resource for the youth in our communities who have disabilities. We decided that the best way to start is to offer a summer program with lots of places to go and interesting things to see. Summer can be a hard time for children with disabilities. We want to offer that extra help that students and parents need.

Our summer program will run for two months during the months of **June and July** (The week of July 4th no activities are planned). There is a small cost associated with the summer program. The cost is \$30 for the two (2) month program. This will help us cover costs of activities.

June 2014 – Youth Program

Juab & Sanpete Counties
Youth Activities only

SANPETE Wednesday	JUAB Thursday
11 Living Planet Aquarium – Pickup begins at 8:00 AM Bring your lunch or money to buy lunch.	12 Hogle Zoo – Pickup begins at 8:00 AM Bring your lunch or money to buy lunch.
18  Hogle Zoo – Pickup begins at 8:00 AM Bring your lunch or money to buy lunch.	19 Class & Pizza Party – Pickup begins at 9:00 AM and lunch will follow.
25 Art Class & Pizza Party – Pickup begins at 9:00 AM and lunch will follow.	26 Living Planet Aquarium  Pickup begins at 8:00 AM Bring your lunch or money to buy lunch.

wedy@abilityfirstutah.org

Email:

Phone: 435.283.4949

Ephraim, UT 84627

85 N 100 W

Our address:



El rincón

Portador de su voz



¡Participen en nuestras actividades!

El calendario es para todos!!!! Lo sentimos mucho el no poder planear clases solo en español, pero si podemos ayudarle a que se sientan cómodos en las clases y actividades que Ability 1st Utah les ofrece a todos nuestros consumidores. En las paginas 4 y 5, de este boletín, pueden ver que hay muchas actividades...desde viajar en el tren "Frontrunner;" donde les enseñan a como usarlo, hasta aprender a jugar juegos de cartas!!!!



¿Se acuerdan cuando todos ustedes estaban mas activos participando en las actividades de Ability 1st Utah? Los extrañamos mucho...


¡Vengan y verán que lindo es estar con otra gente!

Ability 1st Utah Staff

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

~
Trevor Buit - Volunteer
Marilyn Hamblin- Easter Seal

For more information visit our
website: www.abilityfirstutah.org

Follow us on: 

Call: 801.373.5044

Visit us at:

491 N Freedom Blvd.

Provo UT 84601

IN YOUR OWN WORDS

I have been volunteering at Ability 1st Utah for about a year and a half, as part of my Vocational Rehabilitation program and I love it! The staff is friendly and professional. I enjoy the work, and interaction with the consumers is the best part of it all!

Thanks to all my friends here; consumers, and staff who are helping me to better my life. It means the world to me!!!



Promoting Independence for People with Disabilities

Ability 1st Utah

491 N. Freedom Blvd.
Provo Utah, 84601
Phone: 801-373-5044
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www.abilityfirstutah.org

Vision~

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

Return Service Requested