

Ability 1st Utah

A VOICE OF OUR OWN



From our Director's desk...

I hope you all had a wonderful holiday season and that 2015 will be filled with new hope and happiness for you and your family.

Over the past year Ability 1st Utah served 797 consumers, 311 of those consumers were new to our program.

Our youth summer program was a big success, and it was full to capacity.

Our Adult program has also

grown. We are truly grateful to all of you who have participated in the classes and activities as you worked toward accomplishing your goals for this year. Thank you for your participation!

We also assisted 13 individuals with disabilities to move out from a nursing facility and 33 individuals received services that prevented them from moving into a nursing facility.

Our Community Integration program provided consumers with the opportunity to participate in many community activities. Participants attended 33 community activities this last year.

I would like to take this opportunity to also thank my wonderful staff for all of their hard work and efforts...THANK YOU!!!

Sandra M. Curcio
Executive Director, Ability 1st Utah

IMPORTANT DATES



Advocacy is the act of well-planned and intended series of actions to influence change.

- Advocacy as a term involves 'speaking up on behalf of others.'
- Advocacy, in the context of social accountability, refers to efforts of an individual or group to effectively communicate, convey, negotiate or assert the interests, desires, needs and rights of oneself or others or a collective.
- Advocacy is a tool for real participation by citizens in decision-making by government and other powerful bodies.

BE AN ADVOCATE!!!

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Thursday, January 15, 2015
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 5, 2015
4:00-5:45 PM

The Legislative Coalition for People with Disabilities (LCPD) Reception with Legislators, Capitol Rotunda.
Light dinner provided

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

Youth Korney



Bbbbrrrrr...

It's cold in Utah County, but we plan to spark up the youth program and get them on fire for the future.

One of the biggest changes we are making is our Wednesday class for these 2 months. The class will now be from 4:00pm to 5:30pm. So if any of you are still in school or even post high schools, now have a better chance to come to classes. Transportation will not be provided for the class, but the great news is UTA is helping many of our staff members become Ambassadors. As Ambassadors we have the ability to teach you one on one how to use the UTA bus system to get to our facility, and back home, or other needs.

Thanks to each of you who have been calling for transportation every week. It has helped so much, so keep it up.

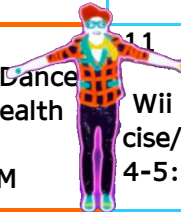

To our youth readers out there, I'm doing a challenge. I will be hiding in this newsletter a "Cupid's" Arrow and Heart with "Secret" words on it. If you found them call me and tell me where they are along with the "Secret" words. The first five (5) Youth to call will win a surprise. You must call, not your parents or guardians, but that doesn't mean they can't help you. Parents, if your child has a hard time reading, there is a great program I can refer you to, that specializes in helping youth and adults in reading and writing skills. Just ask. :)

Quince Van Orden
Youth Program Developer

January 2015

Tuesdays	Wednesdays	Thursdays
6 Nebo: Goals for the New Year 12-1:00 PM	7 Goals for the New Year 4-5:30 PM 	8 Goals for the New Year 12-2:00 PM 2-3:00 PM YLC
13 Nebo: Job Preparation 12-1:00 PM	14 Hygiene Kits 11-1:00 PM Job Prep 4-5:30 PM	15 No Class Legislative Advocacy Training in SLC
20 Nebo: Earthquake Preparation 12-1:00 PM	21 IL Skills Provo Police Dept. 4-5:30 PM	22 Earthquake Preparation 12-2:00 PM 
27 Nebo: Jeopardy 12-1:00 PM	28 Accessing Advocacy 4-5:30 PM	29 Accessing Advocacy 12-2:00 PM

February 2015

Tuesdays	Wednesdays	Thursdays
3 Nebo: Job Preparation 12-1:00 PM	4 Healthy Relationships 4-5:30 PM	5 No Class Reception with Legislators SLC
10 Nebo: Wii Dance Exercise/Health Food 12-1:00 PM	11 Wii Dance Exercise/Health Food 4-5:30 PM 	12 Wii Dance Exercise/Health Food 12-2:00 PM
17 Nebo: IL skills 12-1:00 PM	18 Cooking Class 4-5:30 PM	19 IL Skills 12-2:00 PM 2-3:00 PM YLC
24 Nebo: Accessing Advocacy 12-1:00 PM	25 Accessing Advocacy 4-5:30 PM	26 Aquarium Field Trip - Transportation Limited 1-3:00 PM 

OUR OFFICE WILL BE CLOSED
MONDAY, JANUARY 19, **Martin L. King Day**
MONDAY, FEBRUARY 16, **President's Day**



A STORY OF FRUSTRATION AND DETERMINATION...

In February 2004, I was in a great job and working on an Associate Degree from UVU when I was diagnosed with Amyotrophic Lateral Sclerosis (ALS), often referred to as Lou Gehrig's disease. Life changed almost overnight.

I applied for Social Security Disability and I was denied.

I then went through the pain-staking task of the government bureaucracy of trying to get my benefits after working a continuous 30 years. I had to finally cash in our savings, 401 K

Plan, stocks and bonds just to keep afloat financially. The government would not give us food stamps or any other assistance, regrettably we were over their max limit by \$5.00!

After three years of letter writing, meetings, and hearings I was approved for disability benefits. Once approved by Social Security I was told I could not supplement my income without jeopardizing my long-term benefits; I stopped pursuing employment elsewhere. Therefore, we were only living on a fixed low income. Not even enough to pay our basic needs.

In 2012, Social Security Disability Program introduced a new program called, 'Ticket to Work' where I could supplement my income without losing my current benefits. In October 2013 I was able to apply for the 'Ticket to Work' program. I was assigned to a program coordinator, which is Janine Culver at Ability 1st Utah.

Ability 1st Utah is an Employment Network, contracted by Social Security to assist people who are on Supplemental Security Income (SSI) or Social Security Disability Insurance (SSDI) get back to work to become financially independent.

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Living Well with
Chronic Conditions



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

**For people with long-term pain & health concerns
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 2015

ONLY REGISTERED PEOPLE WILL BE ABLE TO ATTEND

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





January 2015

Mon

Tue

Wed

Thu

Fri

		31 DEC CLOSED AT NOON	1 CLOSED Happy New Year	2 CLOSED
5	6 Grocery Shopping 12-2:00 PM	7 People First 11:00 AM 1:00 PM	8	9
12	13 Life Skills Class: Cooking: Crockpot 12-2:00 PM	14 Life Skills Class: Personal Care 12—2:00 PM	15 Salt Lake Capitol Advocacy Training 10:00-2:30 PM RSVP (For rides)	16
19 CLOSED THE TIME IS ALWAYS RIGHT TO DO WHAT IS RIGHT	20 Life Skills Class: Computer Class 12-2:00 PM Lesson 1 of 6 Computer Basic	21 Life Skills Class: Financial Advisor 12-2:00 PM	22	23
26	27 Group Activity: Bean Museum 12-2:30 PM	28 Life Skills Class: Goal Setting 12- 2:00 PM	29	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!



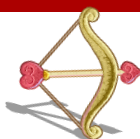
SOLVING STICKY SITUATIONS...

We are so glad that we have such a great amount of consumers participating in our classes & activities. That participation gives us energy and it make us want to plan better and bigger endeavors.

As more of you attend the classes & activities, we are in need to set some guidelines and safety rules so everyone can enjoy them. We would like for you to read them over and then let us know if they are acceptable.

Guidelines will be established at the beginning of a class, and we will explain the purpose they serve. We will remind you of these guidelines periodically, particularly if problems occur.





February 2015



Mon

Tue

Wed

Thu

Fri

2	3	4 People First 11:00 AM 1:00 PM	5 LEGISLATIVE RECEPTION AT THE CAPITOL 4:00 PM-5:45 PM RSVP EARLY	6
9	10 Grocery Shopping 12-2:00 PM	11 Life Skills Class: Computer Class 12-2:00 PM Lesson 2 of 6 Internet Rules	12	13
16 CLOSED 	17 WII Activity Exercise and Dance 12-2:00 PM	18 Life Skills Class: Appropriate Social Skills 12-2:00 PM	19	20
23	24 Life Skills Class: Diabetics Cooking 12-2:00 PM	25 Group Activity Service Project 12:30-2:00 PM	26 	27



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

Guidelines suggestions for classes:

- o Arrive on time. We will start on time
- o Turn your cell phone off. (if need, set it on "vibrate")
- o Do not leave class early without checking with the instructors in advance.
- o Ask questions if you are confused.
- o Try not to distract or annoy your classmates.
- o Do not monopolize discussion
- o Do not interrupt one another
- o Speak from your own experience, without generalizing.
- o If you are offended by anything said during discussion, acknowledge it immediately.
- o Consider anything that is said in class strictly confidential.

For a two hour class, there will be one 15 minute break on the hour.

Thank you for being considerate of everyone around you; following the guidelines will ensure that everyone is heard, and that we work together toward a greater learning experience.



JUAB & SANPETE COUNTIES

ATTENTION

OUR OFFICE WILL BE CLOSED

MONDAY, JANUARY 19, **Martin L. King Day**

MONDAY, FEBRUARY 16, **President's Day**

The response to Ability 1st Utah offering transportation has been very well received. It is costly to provide this service but we know that it is important to those who have no other options.

In our efforts to make our funds go as far as possible to as many consumers as possible, please be advised that there will be no transportation provided on Mondays or Fridays beginning January 1st, 2015, unless they have been previously scheduled on the calendar.

Food Bank trips will now be on Wednesdays rather than Fridays at the request of Food Bank staff. If you are a few days short of your 30 day mark when going to the Food Bank to pick up commodities, the staff has agreed to overlook up to five days prior to your next appointment. Two trips are offered each month so please pick the best one for you.

January 2015

Tuesday	Wednesday	Thursday	Friday
30 DEC	31 DEC CLOSED AT NOON	1 CLOSED 	2 CLOSED
6 Shopping 1:30 PM	7	8	9
13	14 Food Bank 11:00 AM	15	16
20  Watercolor Class #3	21 Shopping 1:30 PM	22	23
27 Movie 3:00 PM	28 Food Bank 11:00 AM	29	30

February 2015

Tuesday	Wednesday	Thursday	Friday
3 Shopping 1:30 PM	4 Food Bank 11:00 AM	5	6
10 Movie 3:00 PM	11 	12	13
17 Shopping 1:30 PM	18 Food Bank 11:00 AM	19	20
24 Watercolor Class #4	25	26	27



El rinconcito

El portador de su voz



¿Y a usted que le gusta hacer?

El Centro quiere saber que actividades les gustaría que planeáramos. Algo diferente a las que ya hemos tenido. ¿Les gustaría aprender a tomar fotografías? ¿Ir al teatro? ¿Qué les parece si aprenden a nadar? Quieren clases dadas en español? Necesitan un interprete?

Estas son algunas ideas de lo que talvez podríamos planear, pero necesitamos sus opiniones.

La idea es de que queremos que participen en todo lo que Ability 1st Utah planea y últimamente no los hemos visto en las actividades o clases. Porque? Que ha cambiado? Por favor déjenos saber como podemos servirles mejor. Es importante que todos participen y que se sientan cómodos participando!

¿Y usted que sabe hacer?

No se confundan...esta pregunta es para saber cuales son sus talentos. ¿Saben bailar? ¿Tocar un instrumento? ¿Escriben poesías? ¿Les gustan pintar? Cocinar?

Nos gustaría saber que es lo que saben hacer para pedirles que lo compartan con otros consumidores. Es una buena terapia el poder usar los talentos y éstos mejoran cuando los ponemos en práctica! ¡Así, que compartan!!!

Jhilma y Cristina hablan español, comuníquense con ellas al 801.373.5044 y cuéntelen como van a participar mas!

SUS DERECHOS...

La vida independiente requiere que uno aprenda a abogar por sí mismo. Es decir, que uno aprenda a hablar y actuar para los derechos de uno mismo.

El abogar por sí mismo con éxito comienza por conocer sus derechos. Hay leyes que ayudan a definir esos derechos. La más conocida es la Ley para personas en los Estados Unidos con incapacidades (ADA por sus siglas en inglés), que fue promulgada por el presidente George H.W. Bush el 26 de julio de 1990. Esta ley exige que las personas incapacitadas tengan los mismos derechos de acceso en todos los niveles de la sociedad. Esto incluye en los trabajos, los servicios de gobierno, instalaciones públicas y el transporte público.

Quieren saber mas sobre sus derechos? Cristina Pitts es nuestra especialista en derechos para personas con incapacidades. Llámennla!



**ATENCION
ATENCION**

**TALLER DE AUTO-ABOGACIA
ENERO 15, 2015**

LUGAR: Capitolio de SLC

HORA: 10:00 AM-2:30 PM

**RECEPCION LIGISLATIVA
FEBRERO 5, 2015**

LUGAR:Capitolio de SLC

HORA: 4:00 - 5:45 PM

**Los llamaremos para que sean
parte de estos eventos**

Ability 1st Utah Staff

Sandra M. Curcio
Executive Director

Jhilma Miranda - Supervisor

Independent Living Specialists

Deon Anderson

Wendy Hansen

Quince Van Orden (Youth)

Carol Willes

Janine Culver-Ticket to Work

Becky Halliday- Accountant

Cristina Pitts-Outreach Coord.

Adam Rowe-AT Coord.


Kathy Tucker-Van Driver Coord.

Receptionists

Brittany Adams

Jennifer Schofield

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

Follow us on: 

Call us: 801.373.5044

Visit us at:

491 N Freedom Blvd. Provo UT 84601



A story...(from page 3)

Soon I was able to start pursuing jobs I thought I could do without jeopardizing my health any further. Through Ability

1st Utah I utilized services in preparation for employment; interviewing skills, resume writing, and job search. They also provide pre and post-employment support services, work incentives and benefits counseling were available to help me while going through the program.

Since I was in a power wheelchair many jobs were out of my reach due to my physical limitations. I never gave up because I just knew there was a job out there that I can do. I applied and interviewed with Vivint in Provo, Utah and was hired for customer care, technical support. Later I was able to find a better job where I could work from home. I am, now, hired by O'currance, Inc. in Draper, as a part time Home Office Telecommuter. Eventually I am hopeful to go full time and get additional benefits as well.

I am a pioneer of this program in Utah County and so far it has been a blessing and proof that the 'Ticket to Work' program works. You need to be diligent in doing most of the work finding employment; after all, you have to put an effort in this program, nobody can do it for you, you have to take responsibility. Therefore, my disability friends please try this program for yourself and see what a change in your life it will make.



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

Vision~

www.abilityfirstutah.org

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Promoting Independence for People with Disabilities

Ability 1st Utah

Return Service Requested