

Ability 1st Utah

A VOICE OF OUR OWN

MARCH-APRIL



Legislative Activities

Just like years past, we gather each January, February, and March to let our policymakers, members of the Utah State Legislature, and other local officials at the Capitol know how we support or oppose those issues of interest to you...the citizen! By bringing your concerns directly to the individuals that represent you in the Legislature, you have the unique ability to influence state policy making.



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Thank you to our consumers that participated in these activities!

The Utah State Capitol Advocacy Training Day was held on January 15th and a few of our consumers got the chance to attend and learn about appropriating money in the state budget for services to people with disabilities.



The Legislative Reception, on February 5th, was a great opportunity to network, mingle, and discuss issues related to the needs of people with disabilities.

WHY SHOULD YOU ENGAGE IN LEGISLATIVE ADVOCACY?

If you have funding concerns, the time to make them known is when legislators are actually working on the budget for the next fiscal year.

And this is what we are advocating for:

Social Services Appropriations Subcommittee

Assistive Technology Request:

- \$100,000 ongoing money
- \$400,000 one time money

Independent Living Block:

- \$275,000 ongoing money

What we may receive could be a total different amount, it could be less. Many meetings and many discussions have taken place and will take place before a final decision is made.

If you want to assure public funding for our Independent Living Centers, your voice needs to be heard by calling, emailing, or writing to your legislator.



Remember...silence is also saying something -- it says: there is no need!!!



To be honest it doesn't seem that anyone reads what I write here. So I just decided to leave a little picture for you to color. Once you have colored it, bring it in for a prize.

If you have questions for me about classes, upcoming activities, or would like to schedule a one on one class, don't hesitate to call me.



Quince Van Orden
Youth Program Developer
(801) 373-5044

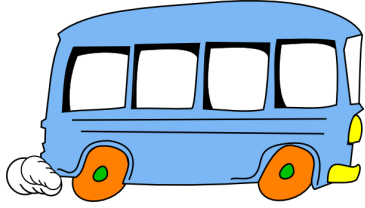
March 2015

Tuesdays	Wednesdays	Thursdays
3 Hygiene 12-1:00 PM	4 Healthy relationships 4-5:30 PM	5 Healthy Relationships 12-2:00 PM
10 Phone Skills 12-1:00 PM	11 Phone Skills 4-5:30 PM	12 Phone Skills 12-2:00 PM
17 Healthy Eating 12-1:00 PM	18 Healthy Eating 4-5:30	19 Healthy Eating 12-2:00 PM
24 Budgeting 12-1:00 PM	25 Wynnsong 4-5:30 PM	26 Wynnsong 12-2:00 PM
31 Yoga 12-1:00 PM		

April 2015

Tuesdays	Wednesdays	Thursdays
	1 Healthy relationships 4-5:30 PM	2 Healthy Relationships 12-2:00 PM
7 Spring Break/ No class 12-1:00 PM	8 Interview Skills 4-5:30 PM	9 Interview Skills 12-2:00 PM
14 Voting 12-1:00 PM	15 Yoga 4-5:30 PM	16 Yoga 12-2:00 PM
21 Self Esteem 12-1:00 PM	22 Advocacy 4-5:30 PM	23 Healthy Relationships 12-2:00 PM
28 CLOSED STAFF TRAINING	29 CLOSED	30 No Class

REMINDER...PICK UP AND DROP OFF



Ability 1st Utah provides a complementary transportation service to its scheduled activities for only those consumers that could not find alternative transportation to come to these activities.

Kathy, our Van Driver Coordinator, wants to remind consumers that are using this service, of the following notices:

- ♦ Consumers will have to be ready for pick up, within a two and 1/2-hour time window. (Example: if an activity it is scheduled for 12:00 Noon, you may be picked up anywhere from 9:45 to 11:45 AM)
- ♦ After the activity, a consumer may be dropped off within a two and 1/2-hour time window. (Example: activity ends at 2:00 PM, you may not get home anywhere from 2:30 to 5:00 PM)

So be aware that coming to the activities, on our van, will be a two and 1/2-hour time period on either side of a trip. Plan for your time on the van by taking care of your personal needs, before the ride. (Example: taking your medicine, eating breakfast or having a snack.)

Thank you for your understanding and patience!!!

Put Life Back into Your Life

Join us for the Living Well with Chronic Health Conditions workshop.

If you or someone you love has one of the following chronic health conditions: heart disease, diabetes, arthritis, depression, chronic pain, fibromyalgia among others, this workshop is for you.

March 3, 2015

Tuesdays from 1:00 - 3:30 PM

FREE six-week workshop to help you 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 |

Remember...the healthier you are, the more you are able to do!

Next workshop:

May 5, 2015

Tuesdays from 1:00 - 3:30 PM

FREE!!!

FREE!!!

Limited space - Call now 801.373.5044



Mon

Tue

Wed

Thu

Fri

2	3 • Shopping 11:30-2:00 PM • Living Well with Chronic Conditions #1 1:00-3:30 PM	4 People First 11:00-1:00 PM	5	6
9	10 Living Well with Chronic Conditions #2 1:00-3:30 PM	11 Shopping 11:30-1:00 PM	12	13
16	17 <i>Happy St. Patrick's Day!!!</i> Living Well with Chronic Conditions #3 1:00-3:30 PM	18 Computer Class 12:00-2:00 PM #3	19	20
23	24 Living Well with Chronic Conditions #4 1:00-3:30 PM	25 Cooking Class 12:00-2:00 PM (In Spanish, but English speakers can come too!)	26	27
30	31 Living Well with Chronic Conditions #5 1:00-3:30 PM			

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

WELCOME BRYCE...



Hey guys! I'm grateful to be working here at Ability 1st Utah and to be able to get to know you all better! This is an amazing place to be and I'm excited about all of the wonderful things we have going on here at the center.

About me: I am a student at UVU. I've earned my Associates degree in Science and I'm working on my Bachelor's degree in Behavioral Science. I am from West Valley, Utah. My family is amazing and I love them. I'm the proud uncle of three nieces. I love to read books, any type of book. You name it and chances are that I've read it, or if it sounds good, then I'll add it to my reading list. I love being around people and having fun. I thoroughly enjoy being outdoors and being able to go on adventures with my buddies. I

really love to go Geo Caching. (Look it up!) I am an avid fan of music and I am currently learning to play the guitar. On that note, I love singing. You can usually hear my voice, or my laugh, before you can even see me. Life is great. I'm grateful for my family, friends and the opportunities that I've been blessed to have.



Mon	Tue	Wed	Thu	Fri
		1 People First 11:00-1:00 PM	2	3
6	7 Living Well with Chronic Conditions #6	8 Shopping 11:30-1:00 PM	9	10
13	14 Aquarium 10:00 AM-4:00 PM Please bring your own lunch	15 Arts & Crafts 12:00-2:00 PM (In Spanish, but English speakers can come too!)	16	17
20	21 Computer Class 12:00-2:00 PM #4	22 UTA Training to Ogden Frontrunner 10:00 AM-4:30 PM Please bring your own lunch	23	24
27	28 OFFICE CLOSED STAFF TRAINING	29 OFFICE CLOSED	30	



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

WELCOME WANDA...

My name is Wanda Lassen. I am Ability 1st Utah' morning receptionist. I am excited to join our team and work with you all, along side our community.

I enjoy people and like helping and learning.

About me...

Although I enjoy quiet time, I don't enjoy being alone. I love the time I spend with my four children (three daughters & one son-in-law) sharing family dinners.

I relish nature and would like to learn more about camping and going on some outdoor adventures.

Keep smiling and have a fantastic DAY!!!





JUAB & SANPETE COUNTIES



Thanks to our IL and equipment coordinators, Carol and Kathy, from the Provo Office for telling us about the Stouffers Outlet Store, in

Springville. We have scheduled a trip to the Outlet Store on April 7th. That means that our first regular shopping day for April will be on Thursday the 2nd at the regular time of 1:00 PM. So be sure to save some money to spend at the Stouffers Outlet.

Remember if you are requesting transportation for doctor's appointment, hospital, etc. before you schedule your appointment give me a call so that I can give you some tentative days when transport will be available. **Remember we don't transport on Mondays or Fridays!**



Once again we are in the grips of the cold and flu season. If you are ill please don't come to activities.

You will make yourself sicker and perhaps make those around you sick too. There will be other activities for you to participate in but if you are visibly ill you will be asked to remain at home. We want to keep everyone, consumers and staff, as healthy as possible.

March 2015

Tuesday	Wednesday	Thursday	Friday
3 Grocery Shopping 1:00 PM	4 Food Bank 12:00 Noon	5	6
10	11	12	13
17 Grocery Shopping 1:00 PM	18 Food Bank 12:00 Noon	19	20
24 Watercolor class #5	25	26	27
31 Movie at the Center 3:00 PM			



April 2015

Tuesday	Wednesday	Thursday	Friday
	1	2 Shopping 1:00 PM	3
7 Stouffer Outlet Trip 10:00 AM	8 Food Bank 12:00 Noon	9	10
14	15	16	17
21 Shopping 1:00 PM	22 Food Bank 12:00 Noon	23	
28 OFFICE CLOSED STAFF TRAINING	29 OFFICE CLOSED	30	



El rinconcito

El portador de su voz



Buenas noticias...

Gracias a la sugerencia de uno de nuestros lectores, ahora podremos tener una clase al mes que será para aquellos que hablan español. La clase podrá ser de cómo cocinar recetas saludables, manualidades, o algo que ustedes recomiendan. Esto es una buena oportunidad para ustedes, ya que podrían demostrar sus habilidades en enseñar o en aprender algo nuevo.

Clase culinaria
25 de marzo
12:00-2:00 PM

Clase de manualidades
15 de abril
12:00-2:00 PM

Queremos pedirle si alguien puede enseñar clases de fotografía, manualidades, o arte culinaria. Comuníquense con Cristina al: 801.373.5044



Hablemos un poco en inglés

Como en su vida diaria tendrá que participar en muchísimas conversaciones, le creamos aquí una situación imaginaria, un

diálogo para que practique la pronunciación y entienda el ritmo del idioma. No se asuste, este diálogo imita a la vida real y tiene palabras de uso popular.

Lea lo que pueda en el párrafo primero ; lea el párrafo segundo fonéticamente y practique, practique y practique!!!!

Clara: I'm eager to learn English. I know a few words and I can understand a little bit. But I need to know more. I want to talk to my new friends and coworkers.

Am iger tu lern inglish. Ai nou a fiu uordz end ai can anderstend a litol bit. Bat ai nid tu nou mor. Ai uant tu tok tu mai niu frendz end couorkerz.

Estoy ansiosa de aprender inglés. Sé unas cuantas palabras y entiendo un poco. Pero necesito aprender más. Quiero hablar con mis nuevas amistades y compañeros de trabajo.

Mario: I feel the same way. I can read a few words here and there. But I don't understand when people talk to me. I think that some people speak fast and all the words become one.

Ai fil de seim uei. Ai can rid a fiu uordz jiar and dear. Bat ai dont ander-stend uen pipol tok tu mi. Ai zink dat som pipol spik fast end ol de uords bi-cam uan.

Me siento igual que tú. Puedo leer unas cuantas palabras aquí y allá. Pero no entiendo cuando la gente me habla. Creo que las personas hablan muy rápido y que todas las palabras se convierten en una.

Clara: A teacher told me that after a while you can understand more and more words. Also, you have to get used to the accent, that's why is good to be around people who speak in English all the time.

A ticher told mi dat after a uail iu can anderstend mor and mor uordz. Olso, iu jav tu get iusd tu de acsent, dats uai its gud tu bi around pipol ju spik in inglish ol de taim.

Un maestro me dijo que después de un tiempo, uno puede entender más y más palabras. También, hay que acostumbrarse al acento, por eso es bueno estar alrededor de personas que hablan inglés constantemente.

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-Loan Bank Coord./Van Driver


Bryce Harper-AT Coord./Van Driver Assistant

Receptionists

Wanda Lassen (AM)

Brittany Adams (PM)

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

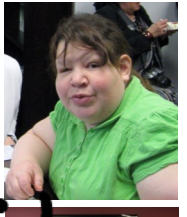
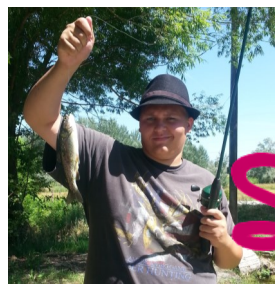
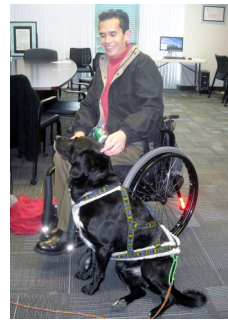
Follow us on: 

Call us: 801.373.5044

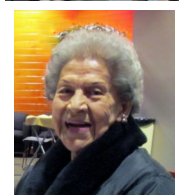
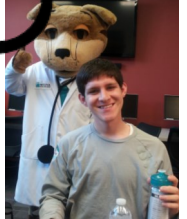
Visit us at:

491 N Freedom Blvd. Provo UT 84601

Faces of Ability 1st Utah ...



*Your
Smile
here*



Come and see us sometime!!!



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

491 N. Freedom Blvd.
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Ability 1st Utah
Promoting Independence for People with Disabilities

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