

Ability 1st Utah

A VOICE OF OUR OWN

March - April 2016

2016 Legislative Update

A big thank you to our State Legislators that came to the Legislative Coalition for People with Disabilities Reception at the Capitol on January 28th. This was a wonderful opportunity for our consumers to talk with our Legislators about the services they have received from the Center and how it has benefited them. Also a big thank you, to our consumers and all that they do for the center, and supporting the LCPD reception.

The Six Center's for Independent Living have a building block for \$300,000 that will be divided by the six centers by a funding formula. We have been asking Legislators from the Social Services Appropriations committee for ongoing dollars to support this building block request. Also we are asking the Legislators to fund a building block for Assistive Technology in the amount of 500,000 one time and 200,000 ongoing dollars. Testimony was provided on February 5th to the Social Services Appropriations Committee by many different consumers that have benefited from the services received by their center for independent living and they asked the committee to support our funding requests.

The Social Services Appropriations committee also voted to transition the Utah State Office Rehabilitation to the Department of Work force Services, under their own budget line item by July 1, 2016. The decision will now move the Executive Appropriations Committee who will have the final vote.

Please look for updates on the Legislative Session results in our next new letter !!!

Thanks, again to all of the advocates and all of the support!!!

Sandra M. Curcio

Would you like to receive the news-letter by Email??? Has your address changed ? Want off the mailing list? Call our office today!
801-373-5044



TRANSPORTATION IS AVAILABLE WHEN WE HAVE CLASSES AT OUR OFFICE.



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

Next class starts March 8th at the Cedar hills community center: Register online at livingwell.utah.gov You can also check their website for any other upcoming classes.

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Youth Vortex

Spring is upon us. Happy day! I am looking forward to sunshine and warmth. We have some great classes and activities planned for the upcoming Months.

Speaking of Special Activities: If you are interested in going on a Camp out in May, From the 10-12th. Contact me ASAP! So I can put you on the list. We will also have a chance for White Water Rafting.

It will be an excellent experience. If you do want to do the White Water Rafting, just know there is a \$18 dollar fee. There are limited spots so call now to reserve your spot.

It's been a real pleasure working with each of you. Don't forget if you want a personal one-on-one lesson don't hesitate to let me know.

We also welcome the new youth from Aspire. I hope the Self Determination classes offered are helping you transition to an independent teen. Also please remember the cold & flu season is in full swing. If you are sick, please don't come to class, and if you don't want to participate in the classes, please rethink your reason for coming and maybe it's time to take a break from attending the classes. Please get with me and we can discuss your options on attending and participating in classes. We truly want to help to become more independent but we can't do the classes for you. It's up to you if you participate in the classes or not! So dive in and have fun!!!

Quince Van Orden

Office: (801) 373-5044

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Spring is here time to start getting ready for your Garden: Growing plants from seed is a great, inexpensive way to get exactly the plant varieties you want to grow. Growing seeds indoors requires the same basic elements as growing plants outdoors:

Lighting: The hardest element to provide indoors is light. It is possible to start seeds in a room or on a windowsill that receives a full day (at least 8 hours) of bright light. Most gardeners will need to supplement their seedling lighting with special plant or grow lights that simulate the full spectrum of the sun. Even then, the lights will need to be left on for 12 - 15 hours per day, for your seedlings to grow as strong and healthy as they would in sunlight.

Seeds: Another difficult aspect of starting seeds is deciding what seeds to grow. There are so many choices, it's tempting to want to try them all. But keep in mind that as your seedlings grow, they will need to be moved into larger pots that will take up even more space. So choose wisely. Buy seeds of plants you're certain you can't find at local garden centers or plants that you want to grow in large quantities inexpensively. You might want to join forces with other seed starters and arrange to grow and trade different varieties.

Potting Soil We're always cautioned to use a good potting soil, but what difference does it make, really? Well, potting soil very often has no soil at all in it. It's a mix of peat, vermiculite and other fluffy matter that has the wonderful properties of being both water retentive and well-draining, because it doesn't pack down like garden soil. It's also free of diseases and insects that may be over-wintering in your garden soil. Of course, it also doesn't have any nutrients, so you'll need to add those.

When to Start Seeds When to start your seeds is always a bit of a guess. First you'll need to know when your last expected frost date is. Then check your seed packet to see how many weeks growth are required before setting outdoors. Count back that many weeks from your last expected frost date, to get an approximate date for starting those seeds. It's approximate because weather does not always live up to predictions, but you'll be in the ballpark. Different plants will require different timing, so use a calendar to make down when to start what.

Please Note: These calendars are strictly for the Youth Program. For other activities, please see the main calendar.

March

TUESDAY	WEDNESDAY	THURSDAY
1 EBPH:10-11 Nebo: 12-1 Communication	2	3 Youth Class 10-11:30 and 12- 1:30 Communication
8 EBPH:10-11 Nebo: 12-1 Shopping Skills	9 Aspire: 3:30-4:30 Week 3	10 Youth Class 10-11:30 and 12- 1:30 Shopping Skills
15 EBPH:10-11 Nebo: 12-1 Cooking	16	17 Youth Class 10-11:30 and 12- 1:30 Cooking
22 EBPH:10-11 Nebo: 12-1 Hygiene	23 Aspire: 3:30-4:30 Week 4	24 Youth Class 10-11:30 and 12- 1:30 Hygiene
29 EBPH:10-11 Nebo: 12-1 Peer Support	30	31 Youth Class 10-11:30 Peer Support (No 12-1:30 class)

April

TUESDAY	WEDNESDAY	THURSDAY
5 EBPH:10-11 Nebo: 12-1 Arts and Crafts	6	7 Youth Class 10-11:30 and 12- 1:30 Arts and Crafts
12 EBPH:10-11 Nebo: 12-1 Disability Awareness	13 Aspire: 3:30-4:30 Week 5	14 Youth Class 10-11:30 and 12- 1:30 Disability Awareness
19 No Class	20 No Class	21 No Class
26 EBPH:10-11 Nebo: 12-1 Healthy Living	27 Aspire: 3:30-4:30 Week 6 (Last Class)	28 Youth Class 10-11:30 and 12- 1:30 Healthy Living



Ability 1st Utah Employment Services

Ability 1st Utah Employment Services is an employment network who works with Beneficiaries who have disabilities. We serve Beneficiaries

who want to participate in the Ticket to Work Program.

The Ticket to Work Program is a program designed to assist individuals who want to work towards financial independence. The Ticket to Work and Self-Sufficiency Program was created to give beneficiaries an avenue to achieve economic self-support through work.

We provide employment support services and choices that give Ticket Holders the opportunity and support needed to prepare for, obtain, and retain career ladder jobs that will enable them to leave and remain off of cash benefits.

We provide work ready workshops to assist in preparing resumes, cover letters, exploring your skills, interest surveys, interview skills, networking and job market skills, job search skills, support and advocacy to enter the workforce, and post-employment services help to maintain employment with the goal to achieve financial independence.

Work Incentives

Work Incentives make it easier for adults with disabilities to work and still receive health care and cash benefits from Social Security. Work Incentives allow you to remain in control of your finances and health care during your transition to work and financial independence.

Work Incentives That Go With the Ticket to Work Program

Work Incentives make it possible for you to explore work while still receiving health care and cash benefits. They are designed to help you succeed!

- You may keep your Medicaid/Medicare while you work.
- You have access to individualized support services.
- You can select part-time or work-from-home alternatives to help you reach your goal of financial independence.
- You can try work with confidence, knowing your benefits continue during your transition period.

The Ticket to Work program is just one of many Work Incentives available to you. When you assign your Ticket to an Employment Network, you are eligible for several Work Incentives. Meet one on one with a benefits specialist to learn how working affects your benefits and how to track your progress through the program.

Contact Janine Culver at Ability 1st Utah Employment Services to discuss how the Ticket to Work can benefit you in your quest to become financially Independent.

Janine Culver Phone: (801) 850-5560 janine@ability1stutah.org

March 2016




Monday	Tuesday	Wednesday	Thursday	Friday
	1 Communication Class 12 –2	2 People 1st 11-2 	3	4
7	8 Shopping 	9 Computer 12-2 	10	11
14	15 Cooking 12-2 	16 Relationship class 12-2	17 	18
21	22 Hygiene 12-2 	23 Activity 12-2 	24	25 27th 
28	29 Service Peer Support 12 –2 	30 Arts & Crafts 12-2 	31	

The Americans with Disabilities Act (ADA) was signed into law on July 26, 1990, by President George H.W. Bush. The ADA is one of America's most comprehensive pieces of civil rights legislation that prohibits discrimination and guarantees that people with disabilities have the same opportunities as everyone else to participate in the mainstream of American life - to enjoy employment opportunities, purchase goods and services, and to participate in State and local government programs and services. Modeled after the Civil Rights Act of 1964, which prohibits discrimination on the basis of race, color, religion, sex, or national origin – and Section 504 of the Rehabilitation Act of 1973 -- the ADA is an "equal opportunity" law for people with disabilities.

So what I'm saying is: if there are any barriers you face during your daily schedule of activities, come in and see me or give me a call. We can work together to remove those barriers one at a time. For example: One of our consumers needed her emotional dog to live with her. The apartment management did not allow that for over a year and a half. Once we looked up the law and had her get a prescription from her doctor that she needed her animal with her, management approved her animals residence. All is well. The consumer takes great care of her apartment and dog. I'm looking forward to serving you as well. I am Kathleen Kalama – ADA specialist.

801-373-5044 ext. 212 M-F 8:30—4:30

April 2016

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4	5 Shopping 	6 People 1st 11-2 	7	8
11	12 Disability Awareness 12-2	13 Activity 12-2 	14	15
18	19	20	21	22
25	26 Cooking 12-2 	27 Arts & Crafts 12-2 	28	29



5 Easy Water Saving Tips

- Wash laundry & dishes with full loads
- Always turn off running water
- Take shorter showers
- Eliminate any and all leaks
- Reduce the flow of toilets & showerheads



Juab & Sanpete Counties

Over the past few months I have posted several activities and classes for consumers. Unfortunately those activities, or most of them, have not gone well. There is little or no participation for these classes. If you are having a problem with something, for example, cooking skills, or crafting skills please contact me and we can work together on those issues to overcome the barriers you are currently having.

Please also remember that when I schedule a class it gives you the opportunity to share with one another. You might be having a problem that someone else has or is experiencing these classes will give you the opportunity to help each other out. Our goal is help you through day to day life issues and we are here to help and make that happen for you.



Also, if you need any AT equipment to overcome current barriers to independent living, our satellite office has a well stocked loan bank and we may be able to provide you with equipment that you need. If you are needing long term AT devices, please contact me so that we can schedule an evaluation and determine the best type of AT device that will assist you in maintaining your independence.

Wendy Hansen
435-340-1145

March 2016

Monday	Tuesday	Wednes-	Thursday	Friday
		2 Food Bank 12:00	3	4
7	8	9	10	11
14	15 Shopping 10:30	16	17 	18
21	22	23 Com- bined activi- ty with Provo Consumers Bowling	24 Food Bank 12:00	25 27th Easter 
28	29	30	31 Ability 1st Utah Open House. 3-6 PM	

April 2016

Monday	Tuesday	Wednesday	Thursday	Friday
				1 
4	5 Shopping 10:30	6	7 Food Bank 12:00	8
11	12	13 Activity with Provo Con- sumers in Provo	14	15 
18	19 Closed	20 closed	21 shopping 10:30	22
25	26	27 Food Bank 12:00	28	29

We have again scheduled some activities with consumers from the Provo Office. Please call me to reserve your seat on the bus. These activities are always lots of fun, so come join us.



El rinconcito

Portador de su voz

Dos mejores remedios caseros para la gripe:

Ajo

El ajo puede hacer maravillas como un remedio natural para la gripe debido a su naturaleza antiviral, antifúngico, antiséptico y propiedades antibacterianas. También contiene la alicina un compuesto estimulante inmunológico que ayuda a aliviar diversos síntomas de la gripe.

Empieza a picar o aplastar dos o tres dientes de ajo fresco y colóquelo en una taza de agua caliente. Deje reposar durante 10 minutos, cuélelo y bebe como un té. Haga esto tres o cuatro veces al día.

También puede masticar un diente de ajo crudo o tragar una cucharadita de jugo de ajo con agua varias veces al día.



Vapor

El vapor es un método efectivo para adelgazar la mucosidad, lo que facilita a eliminar de su sistema.

Encienda una ducha caliente y debe sentarse en el baño cerrado durante unos minutos, inhale el vapor. Haga esto varias veces al día para aliviar la congestión.

Vierta agua hervida en un recipiente grande. Usted puede agregar unas gotas de aceite de tomillo o el aceite de eucalipto al agua para aumentar los efectos curativos. Coloque una toalla sobre su cabeza y respira profundamente durante unos minutos. Haga esto tan necesario para aliviar la congestión.



Como evitar el Contagio de la influenza o Gripe

La influenza, también conocida como la gripe, es una enfermedad viral infecciosa que afecta el sistema respiratorio superior, incluyendo los pulmones, la garganta y la nariz. Es uno de los problemas de salud más comunes que hay, afectando a personas de todo el mundo. Según los Centros para el Control y la Prevención de Enfermedades, miles de personas en los EE.UU. mueren cada año a causa de complicaciones derivadas de la gripe.

Los síntomas comunes de la gripe son una secreción nasal, estornudos repetitivos, dolor de garganta, congestión de los conductos nasales, dolor de cuerpo, dolor de cabeza, fiebre alta, tos seca, debilidad y pérdida del apetito.

Es altamente contagiosa y se propaga rápidamente de una persona a otra. Una persona infectada debe permanecer lejos de los niños pequeños y las personas mayores que tienden a tener sistemas inmunológicos más débiles.



El trastorno del espectro autista (TEA) puede incluir merma en la capacidad intelectual y aprendizaje, pero no todos los niños autistas sufren ese tipo de déficits. Sí coinciden en mostrar una total falta de empatía, en el hábito de entablar conversaciones con ellos mismos y en la repetición de gestos o movimientos, lo que en apariencia les calma. Se ha discutido, e investigado, cuál es el grado de sufrimiento emocional de estos niños -cuya edad oscila entre meses de vida y la adolescencia.

Conflicto o Conducta

La corriente psicodinámica, de raíz psicoanalítica, parte de la idea de que los niños afectados por autismo o el resto de síndromes asociados, son objeto de un conflicto interno que el terapeuta debe intentar comprender para después resolver. Ese trauma psíquico, entienden, es de una intensidad tal que mantiene bloqueada la capacidad de relación e interacción con el mundo del pequeño afectado. Los partidarios de la línea cognitivo conductual, en cambio, consideran que el trastorno está originado en una lesión o disfunción biológica.

CINCO CONSEJOS PARA COMER COMIDA SALUDABLE SIN ABURRIRSE.

Comer saludable no significa imponernos limitaciones dietéticas, permaneciendo irrealmente delgados o privándonos de alimentos que nos gustan. Se trata de sentirnos bien y de tener más energía, lo que mejora nuestra perspectiva y estabiliza nuestro estado de ánimo. También es cierto que comer bien ayuda a mantener un peso saludable y evitar ciertos problemas de salud, pero es oportuno considerar que una dieta tiene efectos profundos en nuestra sensación de bienestar.



Prepárese para el éxito

Por ejemplo, en lugar de hacer cambios drásticos, agregar una ensalada una vez al día. O bien, agregar una bebida saludable en la mañana y una en la tarde o después de hacer ejercicio. Cada vez que se toma la bebida, está reforzando su compromiso de cuidar mejor de sí mismo. ¡Comportamientos repetidos crean hábitos!

Pensar colores y no en calorías

En lugar de preocuparse demasiado por contar calorías, es mejor pensar en lindas mezclas de colores de alimentos frescos y saludables. Concéntrase en evitar los alimentos envasados y procesados, y opte por ingredientes recién cosechados.

Preste atención en cómo se siente después de comer

Esto ayudará a crear una mente consciente de lo que está ingiriendo. ¿Se siente incómodo o drenado de energía? ¿Tiene una sensación de balance y satisfacción?

Beber abundante agua

El agua ayuda a eliminar de nuestros sistemas productos de desecho y toxinas. Sin embargo, muchas personas pasan todo el día deshidratadas y por eso siempre se sientan cansadas, sin energía y con dolores de cabeza. Agregue limón o pepino en rebanadas para que la bebida sea refrescante.

Ability 1st Utah Staff

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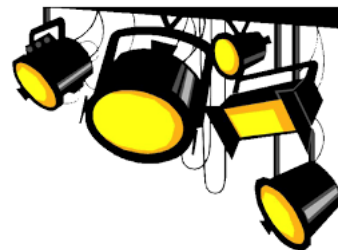
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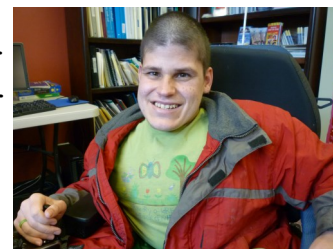
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Spotlight



Josh Taylor is a Young adult who is a has a disability and attends independent living classes. Within the past year he has been able to apply for himself for a UTA assisted pass. This has granted him transportation for himself and one other on buses, the frontrunner and trax for free. His parents were concerned for his safety to travel on his own Josh's own words. With help from the Youth Program developer, Quince showed him which bus to take to get to our center and which one to take to get home. Since then he has traveled on his own almost every week (unless weather is bad) and he has been able to teach others his knowledge of the bus system. Improving his Independence via transportation has helped his confidence in many other aspects of his life and is seen in classes when he is more willing to participate or volunteer to help other students.



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

Vision~

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Promoting Independence for People with Disabilities

Ability 1st Utah

Return Service Requested