

# Ability 1st Utah

## A VOICE OF OUR OWN

November~  
December 2016

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TRANSPORTATION  
IS AVAILABLE

WHEN WE HAVE  
CLASSES  
AT OUR  
OFFICE.



Would you  
like to get  
the newsletter by  
Email?



Has your address  
changed?

Want on/off the  
mailing list?

Call our office  
today!

**801-373-5044**

# Thank You!

To all the businesses that generously sponsored and provided donations for our race...Thank you for supporting Ability 1st Utah in our efforts to make an impact on the lives of people with disabilities.

A big CONGRATULATIONS, to all the participants that made the **Run, Walk & Roll 5k-10k race**, and our first **1K Fun Run**, on September 24th, a success. Ability 1st Utah truly appreciates your continued support.



\*Central Bank \*America First Credit Union \*Zions Bank \*Molina Healthcare \*Vivint  
\*Vision Wear \*Texas Roadhouse \*Boondocks \*Honeybaked Ham \*Crossfit Rise  
Again \*Discount Tires \*Alphagraphics \*Olive Garden \*Smith's \*Medsource  
\*Sundance Resort \*Chuck-A-Rama \*Marriot Hotel \*Denny's \*Les Schwab Tires  
\*Scheels \*Seven Peaks Waterpark \*Sam's Club \*Wal-Mart \*Nuttall's  
\*Chili's \*Wood Connection \*Del Taco \*Goodwood BBQ \*CAL Ranch  
\*Mr. Mac \*Home Depot \*McDonalds \*Costco \*Applebee's \*Red Robin \*Hogle Zoo  
\*Tucano's \*Rumbi Island Grill \*Pizza Factory \*Big O Tires \*J Dawg's  
\*Heber Valley Historic Railroad \*Sizzler's \*Lowe's \*Gloria's Little Italy  
\*Golden Corral \*Hale Center Theater Orem \*Outback \*Classic Skating  
\*IFA \*Loveland Living Planet Aquarium \*Utah Grizzlies \*Harmons \*Pizza Pie Café  
\*Los Hermanos \*Carol Skinner \*Vickie Jaussi \*Sandra Curcio \*Christina Heath  
\*Katlyn Marie Alldredge

# el rinconcito

## PORTADO DE SU VOZ

### *Fiesta Navideña!*

∂ Dato: 6 de Diciembre a 5-8 PM

∂ Lugar: MATC Campus—  
2301 Ashton Blvd. Lehi, UT



**Es nuestra fiesta anual y queremos que todos ustedes nos acompañen. Llame la oficina para informarnos:**

∞ Van a venir ∞ Si necesitas transportación/recoger en la estación de Thanksgiving Point (leer abajo)/tiene su propio transportación

∞ Va a traer un invitado (Una persona para cada consumidor)

**Vamos empezar a aceptar reservaciones des de 7 de Noviembre. Vamos a Tener Cena**

**Transportación:** Va ser limitado e solamente para la consumidor, no para la familia. Vamos a tener una lista de espera en caso de cancelaciones pero tartar de llegar por sus propia medios.

**ALTERNATIVA:** Pueden tomar el Frontrunner y podemos recoger en la estación de Thanksgiving Point. El tiempo que vamos a recoger en la estación de Thanksgiving Point es a las 4:46 PM y el tiempo que vamos a dejar a la estación de Thanksgiving Point es 7:46 o 8:46 PM. Direcciones para las MATC esta en la pagina 7.

**IMPORTANTE:** La oficina será cerrada en esos días:

Noviembre 11 • Noviembre 18 • Noviembre 24 & 25 • Diciembre 23 – 30 • Enero 2

### **PARA LA CLASE DE COSTURA**

**30 DE NOVIEMBRE:** Sólo tenemos material para 10 consumidores. Llamar para reservar a partir 14 de noviembre. Estamos pidiendo \$3 donaciones para ayudar a costo de los materiales.



## Juab and Sanpete Counties

Can you believe we're down to the last two months of the year? Where did the time go?

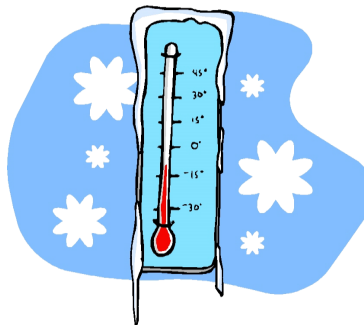
We'll be going to the Festival of Trees and the Temple square lights again this year. If you plan to go, RSVP by **November 7th at 5:00 PM**. Remember the lights at Temple square is an **outdoor** activity so bring warm clothing (gloves, hat, coat, etc.) and anything else to be comfortable outside. Your comfort is your own responsibility. **You'll need to bring food or money for food.** The Festival of Trees will be at the Southtown Expo Center and there is food you can buy there.

Please consider making a donation to help the transportation. Even small amounts would be appreciated.

### **IMPORTANT: We'll be closed on these days:**

- **Nov. 11th**– Veterans Day
- **Nov. 18th**– Staff Planning Meeting
- **Nov. 24th & 25th**–Thanksgiving Break
- **Dec. 23th - 26th**– Christmas Break
- **Jan. 2nd**– Observance of New Years Day

Wendy Hansen  
85 N. 100 W.  
Ephraim UT 84627  
(435) 283-4949  
wendy@ability1stutah.org



We have scheduled activities with consumers from the Provo Office.  
Call me to reserve your seat on the bus.

## November 2016



Tuesday	Wednesday	Thursday
1	2	3 Shopping 10 AM
8 Community based Education Youth	9	10
15 Shopping— 10 AM	16	17 Food Bank— Noon Aspire Students 3 PM
22 Community Based Education Youth	23	24 Office is CLOSED— Happy Thanksgiving!
29	30 Food Bank— Noon	



## December 2016

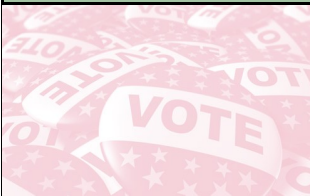


Tuesday	Wednesday	Thursday
		1 Festival of Trees/Temple square
6 Community Based Education Youth	7 Shopping — 10 AM	8 Food bank — noon
Holiday Party		
13	14	15
20 Community Based Education Youth Shopping- Noon	21 Food bank— Noon	22 Aspire students 3 pm
27	28	29



(Class Times  
May Vary)



# November 2016

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1 Nutrition</b> 12-2	<b>2 Advocates</b> First 11-1	<b>3</b>	<b>4</b>
<b>7 CALL TO RSVP FOR CLASSES (&amp; holiday party)</b>	<b>8 Shopping</b> <b>Go &amp; Vote!</b>	<b>9 Computer Class:</b> 12-1:30 	<b>10</b>	<b>11 Office is Closed:</b> <b>Veterans day</b>
<b>14 CALL TO RSVP FOR CLASSES (&amp; SEWING!!)</b>	<b>15 Xmas shopping (limited transport)</b>	<b>16 Arts &amp; Crafts:</b> 12-2 	<b>17</b>	<b>18 Office is Closed:</b> Staff Planning Meeting
<b>21 Call to RSVP for 'Festival of Trees' trip</b>	<b>22</b>	<b>23</b>	<b>24 Office closed</b>	<b>25 Office closed</b>
<b>28 CALL TO RSVP FOR CLASSES</b>	<b>29 Cooking</b> 12-2 	<b>30 Sewing class:</b> Infinity Scarves 	 <i>"The thankful receiver bears a plentiful harvest."</i> <i>- William Blake</i>	

**Due to various holidays & events, our office will be closed on these days:**

- **November 11<sup>th</sup>:** Veteran's day
- **November 18<sup>th</sup>:**  
Staff Planning Meeting
- **November 24<sup>th</sup> & 25<sup>th</sup>:**  
Thanksgiving Break
- **December 23<sup>rd</sup>—30<sup>th</sup>:**  
Christmas Break
- **January 2<sup>nd</sup>:** New Years Day

## IMPORTANT!!

### FOR SEWING ON NOV 30TH:

We only have enough material for **10 consumers**. You can call to reserve starting **November 14<sup>th</sup>**. We are asking for \$3 donations to help ease cost of the materials.




### FOR FESTIVAL OF TREES TRIP:

Open to both youth & adults. We Will Be using UTA for part of the trip.

# December 2016



(Class Times  
May Vary)

Monday	Tuesday	Wednesday	Thursday	Friday
<i>"Getting an inch of snow is like winning 10 cents in the lottery"</i> - Calvin & Hobbes			1 <b>Festival of trees/Temple Square trip</b>	2
5 <b>CALL TO RSVP FOR CLASSES</b>	6 <b>Holiday party!</b> See PG 6-7 for info. 	7 <b>Advocates First 11-1</b>	8	9 <b>RSVP FOR DEC. 14 ACTIVITY</b>
12	13	14 IL activity ( <b>limited transportation</b> )	15	16
19 <b>NO CLASSES THIS WEEK</b>	20	21	22	23 <b>Office closed</b> <u>Christmas Break</u>
26	27	28	29	30
 <b>Christmas Break: Office will be closed all week.</b> 				
<h2>Happy Holidays Everyone!</h2>				

## Welcome Sage!

**Hello!!! My name is Sage Wohlgemuth. I began working at Ability 1<sup>st</sup> Utah at the end of September as the new Independent Living Program Coordinator. I have enjoyed being in the youth classes with you and having the chance to meet many of you at our individual meetings.**

**Before this I worked at BYU with students and kept records up to date. Though I live in Provo now and very familiar with it, Virginia is where I call home. I have also lived in England and Ukraine. I love to travel and see the amazing things in this world. I also have a passion for art and writing. When I have free time I paint with water colors, make a collage, or write about what I see. If I can, I would love to show you more things from my life and learning more about your lives.**

# *You're Invited to Our 2016 Holiday Party*

## *Date & Time:*

Tuesday, December 6th  
from 5 - 8 PM

## *Location:* MATC Lehi

Campus at 2301 Ashton Blvd,  
Lehi, UT



*Come Celebrate the Holiday Season  
With Food, Fun, & Good Company!*

Call the office to let us know:

- ∞ You are coming ∞ You need a ride from us **OR** you have your own transportation **OR** need to be pick up at Thanksgiving frontrunner station (see page 7)
- ∞ You are bringing a guest (**One guest per family**)

*We'll start accepting reservations November 7th.  
Dinner Will be Served.*

**Any Questions/Concerns, call the office at  
(801) 373-5044**

**Space for Transportation is LIMITED and for consumers only!!** It's a first call, first served basis so call early. A waiting list will be started in case of cancelations but try to come on your own means.

**ALTERNATIVE:** You may take the Frontrunner and we can pick you up at the Thanksgiving point station. We will pick you up at the Thanksgiving frontrunner station at the **4:46 PM stop** and we will drop you off at the Thanksgiving frontrunner station at the **7:46 PM stop**.



## **DIRECTIONS!**

- Head on I-15 and get off **Exit 282 (UT-85)**.
- Head West onto **UT-85/1200 W**.
- Turn right on **2300 W**
- Turn left on Ashton Blvd.
- It will be on the left side.

**It'll be held in the cafeteria. There's plenty of parking behind the main building.**

## **International Day of Persons with Disabilities or HAPPY IDPD DAY!**

IDPD Day (December 3rd) is a day centered on disabilities and the nearly 1 billion individuals worldwide who have disabilities. It was created by the United Nations (UN) in 1992. It promotes awareness of issues relating to disability and creates support for dignity, rights and well being of persons with disabilities. This year's theme is "Achieving 17 Goals for the Future", based on the UN's "17 Sustainable Development Goals", which are:

**No poverty ~ No hunger ~ Good health ~ Quality education ~ Gender equality ~ Clean water/sanitation ~ Affordable/clean energy ~ Decent work/economic growth ~ Industry innovation ~ Reduced inequalities ~ Sustainable cities ~ Responsible consumption ~ Climate action ~ Life below water ~ Life on land ~ Peace & justice serving institutions ~ Partnership for goals.**



They were made to create an integrated, accessible world and remove barriers for people with disabilities, including physical, communication barriers, and barriers arising from attitudes.

Awareness can be raised by observing IDPD. The best way is with discussion and involvement with others. You may say "Happy IDPD Day!" and tell your family and friends what it means. For more information, go to [www.un.org/en/events/disabilitiesday/](http://www.un.org/en/events/disabilitiesday/)



# SPOTLIGHT

## Will Parry

Hi, I'm Will Parry, and I'm the mastermind behind my art. Drawing is a way of expressing myself as well as illustrating my writings. I am aspiring to write at least one book series, but plan on doing more than one. I am currently unemployed, but would be happy to do any job that employed my artistic or literary talents.

The picture you see on the left is an illustration of my fantasy life which I plan on turning into multiple books. You see a fantasy version of myself, along with the half angel half faemurian (mouse fairy) Ea or Rulana, and my cat Kingsford, who has long since passed on. I admit I am glad I never truly grew out of my fantasy world, as it has paved the way for me to become an author and given me something to draw. I promise you, the cat practically raised me



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## Ability 1<sup>st</sup> Utah Staff

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Harper | Ann Rosine | Cheryl Campbell | Sage Wohlgemuth

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

*Vision~*

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Promoting Independence for People with Disabilities

*Ability 1<sup>st</sup> Utah*

Return Service Requested