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.

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.**

**IMPORANTE:** 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.
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
### November 2016

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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<tbody>
<tr>
<td>1 Nutrition 12-2</td>
<td>2 Advocates First 11-1</td>
<td>3</td>
<td>4</td>
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</tr>
<tr>
<td>7 CALL TO RSVP FOR CLASSES (&amp; holiday party)</td>
<td>8 Shopping Go &amp; Vote!</td>
<td>9 Computer Class: 12-1:30</td>
<td>10</td>
<td>11 Office is Closed: Veterans day</td>
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<tr>
<td>14 CALL TO RSVP FOR CLASSES (&amp; SEWING!!)</td>
<td>15 Xmas shopping (limited transport)</td>
<td>16 Arts &amp; Crafts: 12-2</td>
<td>17</td>
<td>18 Office is Closed: Staff Planning Meeting</td>
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<tr>
<td>21 Call to RSVP for ‘Festival of Trees’ trip</td>
<td>22</td>
<td>23</td>
<td>24 Office closed</td>
<td>25 Office closed</td>
</tr>
<tr>
<td>28 CALL TO RSVP FOR CLASSES</td>
<td>29 Cooking 12-2</td>
<td>30 Sewing class: Infinity Scarves</td>
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**Due to various holidays & events, our office will be closed on these days:**

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

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**IMPORTANT!!**

**FOR SEWING ON NOV 30TH:**
We only have enough material for **10 consumers**. You can call to reserve starting **November 14th**. 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.

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_The thankful receiver bears a plentiful harvest._

- William Blake
Welcome Sage!

Hello!!! My name is Sage Wohlgemuth. I began working at Ability 1st 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.

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</table>
| “Getting an inch of snow is like winning 10 cents in the lottery”  
- Calvin & Hobbes | 6 Holiday party!  
See PG 6-7 for info. | 7 Advocates First  
11-1 | 1 Festival of trees/ Temple Square trip | 2 |
| 5 CALL TO RSVP FOR CLASSES | 13 | 14 IL activity  
(limited transportation) | 15 | 16 |
| 12 | 19 NO CLASSES THIS WEEK | 20 | 21 | 22 |
| | | | | 23 Office closed  
Christmas Break |
| 26 | 27 | 28 | 29 | 30 |
| Christmas Break: Office will be closed all week. | | | | |
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.

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**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.

Ability 1st Utah Staff
Sandra Curcio | Jhlima Miranda | Deon Anderson
Wanda Lassen | Cynthia Gonzalez | Shelly Lund
Janine Culver | Wendy Hansen | Kathy Tucker | Bryce Harper
| Ann Rosine | Cheryl Campbell | Sage Wohlgemuth

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