

Ability 1st Utah

SEPTEMBER-
OCTOBER 2016

A VOICE OF OUR OWN

LAST CHANCE TO JOIN OUR RACE!

We want everyone to come and help support our cause and that doesn't just mean to run the race. We would appreciate volunteers for the big event!

Volunteer Opportunities: (Day of the Race)

5AM-6:45 AM: Help Setting Up Staging

7AM: Registration • Set up Water Stations

8AM: Directing traffic/runners • Supervise water stations

1K Fun Run: Direct traffic • Supervise water stations

Note for Volunteers:

There will be a
Pre Race meeting
on September 23.

IF YOU WOULD LIKE TO VOLUNTEER: Contact Wanda Lassen:

(801) 373-5044 or **wanda@ability1stutah.org**

We Are Still Accepting Registrations:

Pre Registration:

Up until September 23, 2016 at 3 PM.
Mail in/Drop off in person at our office at
491 N Freedom Blvd. Provo Ut, 84601

Online: www.ability1stutah.org

Day of Race:

2225 West 620 North
Provo, UT at 7 A.M.

RUN WITH FRIENDS!

**Groups of 4 or more get a
\$2 discount per person!
The bigger the group, the
bigger the discount!**

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TRANSPORTATION
IS AVAILABLE FOR
CLASSES
AT OUR
OFFICE.



- ♦ Want the newsletter by email?
- ♦ Has your address changed
- ♦ Want off the mailing list?

**Call our office today!
801-373-5044**

TRICK OR TREAT SAFETY TIPS!



Use the Buddy System:

- Δ Go with friends or family.
- Δ Don't separate from each other.

Follow Safety Rules:

- Δ Watch for cars, stay on the sidewalk.
- Δ Cross at corners/crosswalks.
- Δ Look both ways when navigating the street.

Dress Well:

- Δ Bring a jacket if it might be cold.
- Δ MASKS: Make sure you can breath and see through it properly
- Δ Put on reflective tape so cars will be able to see you.
- Δ Wear sturdy shoes.

Head Towards the Light:

- Δ Try to finish up before it gets dark
- Δ Stay on well lit streets.
- Δ Bring a flashlight
- Δ Only visit houses that are lit up.

Inspect Your Candy Bag:

Throw away any candies that are:

- Δ Unwrapped
- Δ Not in a factory wrapper.
- Δ Homemade

NOTICE ABOUT ACTIVITIES AND TRANSPORTATION:

Our center receives money to operate programs and transportation. However the funding for our activities have not increased for some time and it's getting harder to keep our services completely free. Because of this, a donation is suggested to help us continue providing quality programs and services. Money donations can be from \$2-\$5 a day, or a larger donation of \$20 a month. It could also be snacks for the other consumers for a meeting or materials for an activity. Ability 1st Utah is a 501(c)3 foundation and your donation is tax deductible.

TRANSPORTATION: If you live outside the Provo/Orem area and need transportation to/from the center, we're asking for a \$5 **a day** donation to help with gas/mileage costs. If you're unable to provide this donation, there are other resources you can use like Frontrunner train or Utah Valley Para-Transit.

We understand that this has been a big change for many of you. It's a change for us as well. This is so we can continue to provide quality services to all of our consumers. We would deeply appreciate all contributions.

Portado de Su Voz

El Rinconcito

Ultima Oportunidad para ser parte de la Carrera!

Queremos que todos nos ayuden a nuestra causa. Si quieres ser parte de la carrera, puedes ser voluntario!

Oportunidades Para Voluntarios: (Día de la Carrera)

5 AM-6:45 AM: Ayuda con estaciones

7 AM: Registro • Configurar estaciones de agua

8 AM: Dirigir el tráfico y corredores

- Supervisar estaciones de agua

1K Fun Run: Dirigir el tráfico

- Supervisar estaciones de agua

¡Importante

Habrà una sesión antes de la Carrera el 23 de Septiembre.

Si Desea ser voluntario:

Contacta r Wanda Lassen
(801) 373-5044 o
wanda@ability1stutah.org

Dile A Tus Amigos

Grupos de 4 o más, reciben un descuento de \$ 2 por persona!

Más grande el grupo,
Más grande el descuento!

Fiesta De Halloween!

Dia: 26 de Octubre a 1 PM-4 PM

Lugar: 1122 Grand View Provo UT

Llama para informarnos que viene. Vamos a aceptar reservaciones el 3 de Octubre. Habrá comida. Puede venir en traje pero sin máscaras!

Transporte: Hay espacio limitado. Traten de llegar por sus propios medios.

Para más información, llame a 801-373-5044



Maneras de Estar a Salvo Cuando Van a Trick or Treat

- Obedecer las reglas de seguridad: Mire a los dos lados antes de cruzar las calles, ponga atención para los autos, Los niños pequeños deben sostener sus manos de sus padres para cruzar.
- No ir solo: Ir con amigos o familiares y no se separen.
- Traten de terminar antes de que oscurezca, caminar por calles iluminadas, llevar una linterna, y sólo ir a las casas que están iluminadas.
- Llevar un abrigo si va a ser frío, debería ser capaz de respirar y ver fuera de su máscara bien, ponga cinta reflectante para que los autos puedan verte, y ponerse zapatos buenos para caminar.
- Sus padres deben inspeccionar su bolsa de dulces: Si hay unos que no están envueltos en envoltorio de fábrica, o son caseras, tirar a la basura.

September 2016

(Class Times May Vary)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>“Try to remember the kind of September, when life was slow, and oh, so mellow...”</p> <p>-from the musical <i>The Fantasticks</i></p>			1	2
<p>5 HAPPY LABOR DAY!</p> <p>Office is closed</p>	<p>6 Shopping</p> 	<p>7 People First 11-1</p> 	8	9
<p>12 CALL TO RSVP FOR CLASSES</p>	<p>13 Disability Awareness 12-1:30</p>	<p>14 Utah State Fair 10-2</p>	15	16
<p>19 No Classes This Week</p>	20	21	<p>22 Start of Fall!</p> 	<p>23 LAST DAY TO SIGN UP FOR RACE!</p>
<p>26 CALL TO RSVP FOR CLASSES</p>	<p>27 Cooking 12-2</p> 	<p>28 Photo Trip: Nebo Loop</p>	29	30

WELCOME ANN ROSINE!

My name is Ann Rosine. I am a new employee at Ability 1st Utah. My official title is **Job Coach/Outreach Coordinator/ADA Specialist**. I'm very pleased to be a part of this amazing organization. It's great becoming acquainted with our exceptional staff, volunteers, and incredible individuals that participate in the programs here. My most recent position was Acting Manager/Assistant Manager of a large self-supporting work shop for individuals with disabilities in Orem. I was also a job coach. I really appreciate inspirational thoughts and quotes. If you have a favorite one, please take a minute and share it with me. I'm looking forward to getting to know you better!

*LAZINESS MAY APPEAR ATTRACTIVE,
BUT WORK GIVES SATISFACTION*



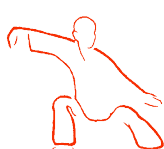





- Anne Frank





October 2016

(Class Times May Vary)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 CALL TO RSVP FOR CLASSES	4 Shopping 	5 People First 11-1 	6	7
10 CALL TO RSVP FOR CLASSES	11 Tai Chi: 12-1:30 	12 Disability Awareness 12-1:30	13 Hogle Zoo Trip (All Centers): 10-3	14
17 CALL TO RSVP FOR CLASSES	18 Computer Class: 12-1:30 	19 Arts & Crafts: 12-2 	20	21
24 CALL TO RSVP FOR CLASSES	25 Cooking 12-1:30 	26 Halloween Party: 1-4 	27	28
31 CALL TO RSVP FOR CLASSES 	From Edgar Allen Poe's <i>The Raven</i> "...Leave no black plume as a token of that lie thy soul hath spoken! Leave my loneliness unbroken!--quit the bust above my door! Take thy beak from out my heart, and take thy form from off my door! Quoth the Raven 'Nevermore.'" 			

Welcome Cheryl Campbell!



My name is Cheryl Campbell. I began working at Ability 1st at the end of July as the fiscal officer/bookkeeper. I have enjoyed getting to know everyone and learning about this great organization that serves the community so well. Provo is the place I've called home since I was born, except for a semester in Hawaii and a LDS mission in West Virginia. I grew up in a large family and have seven kids of my own who keep me very happy and very busy. My oldest child is 22 and my youngest is six. My husband Dave works in education and I have done bookkeeping for many years. My passion in life has been running. I started running at age eight, ran on teams through high school and college. Then I ran marathons until my hips started to complain too much. I prefer yard work over cooking, watching movies over reading, and being outside instead of in!

Time to Scream & Shout For Our Halloween Party!

WHEN: October 26, 2016 from 1:00 P.M. to 4:00 P.M.

WHERE: 1122 Grand View Provo, Utah

- ⌘ Please call to let us know that you're coming.
- ⌘ We'll start taking reservations October 3rd.
- ⌘ Food will be served.



- ⌘ Costumes are allowed.
- ⌘ No masks!
- ⌘ For more information, call the Office at 801-373-5044



TRANSPORTATION: There's limited seating so try to come by your own means.



From Quince Van Orden, Our Youth Program Director:

“Some good and bad news... The good news is I'm getting married in September. I have also been offered a new job with Special Education. The bad news is that I am leaving. Sandra will find a wonderful new replacement who will teach you just as well as I did and continue to grow the program. I hope you give them the respect and love you did for me. I will miss each of you dearly”

We will miss Quince and what he's done with our youth program. We wish him luck with his new post. We will begin our search and hopefully hire a new Youth Program Director soon.





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.

One of my favorite seasons is Fall. It brings beautiful colors and the whistling of aspen trees. First off, we will be closed on September 5th for Labor Day. We will re-open on Tuesday the 6th. Secondly if you're a consumer that receives transportation, you will see many changes in the calendar beginning September.

We live in a rural area and for many of you it can be very difficult to find a way to get to doctors' appointments or pick up groceries and prescriptions. Good news is shopping days and food bank trips are still on our calendar. Our branch office, along with our Executive Director Sandra Curcio, is committed to providing transportation for activities that help consumers live independently. However, there are several days that we won't be providing transportation to consumers on a will call basis. These days are marked on our calendar as "no transport".

Our IL center receives money to operate programs, including transportation. However the money has remained the same for many years. We have received ongoing money but no increase in funding to enhance programs. Because of this, we've had to make changes to the schedule to ensure that fundamental activities can continue like shopping and food banks trips.

There are days we can provide transportation on a 'first come, first serve' basis and we would encourage you to schedule medical appointments on days that we are already transporting. This is something you can do to help us keep the program running.

We also would like you to consider making a donation when you receive transportation. Ability 1st Utah is a 501 (c)3 foundation and your donation is tax deductible.

September 2016



October 2016

Monday	Tuesday	Wednesday	Thursday	Friday
			1 No transport	2 No transport
5 Office is Closed	6 Shopping: 10 AM	7 No transport	8 Food bank: Noon	9 No transport
12 No transport	13	14 No transport	15	16 No transport
19 No transport	20 Shopping 10 AM	21 No transport	22 Food bank: Noon	23 No transport
26 No transport	27 No transports	28 Nebo Loop Trip	29 No transport	30 No transport

Monday	Tuesday	Wednesday	Thursday	Friday
3 No transport	4 No Transport	5 Shopping: 10 AM	6 Food Bank: Noon	7 No transport
10 No transport	11	12 No transport	13	14 No transport
17 No transport	18 Shopping: 10 AM	19 No transport	20 Food bank: Noon	21 No transport
24 No transport	25 No transport	26 No transport	27 No transport	28 No transport
31 Hallow- een Pizza & Movie: Noon				

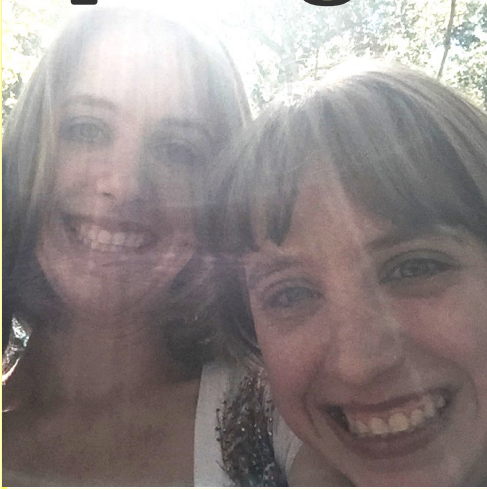
Courtney & Cassidy are twins born with Fragile-X syndrome.

Courtney has learned to advocate for herself. "I've learned how to be a leader and how to help others. Ability 1st gave me the confidence to make a difference for my self and my community. I feel so comfortable in our environment". Courtney wants to be Independent.

Spotlight!

She realizes it takes time but will take it one day at a time.

Cassidy has gained a lot of new friends. "A place to be happy and laugh around my peers. I can be myself and enjoy the activities and feeling comfortable and included." Cassidy also has set great goals for the future.



Ability 1st Utah Staff

Sandra Curcio
Jhilma Miranda
Deon Anderson
Cheryl Campbell
Wanda Lassen
Cynthia Gonzalez
Shelly Lund
Janine Culver
Wendy Hansen
Kathy Tucker
Bryce Harper
Ann Rosine

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Freedom Blvd.
Provo, Utah
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Fax: (801) 373-5094
Toll Free:
(877) 421-4500



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

Vision~

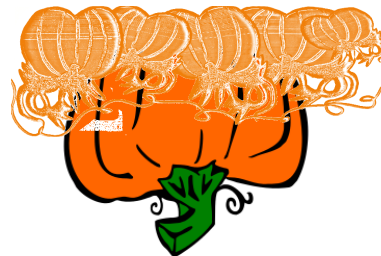
www.ability1stutah.org

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Provo Utah, 84601

491 N. Freedom Blvd.



Promoting Independence for People with Disabilities

Ability 1st Utah

Return Service Requested