We’re joining with Utah Independent Living Center (UILC) and Options for Independence for a 3 day camping adventure! We’re going to the Anderson Cove Campground in Ogden to have fun and enjoy the outdoors together.

Unfortunately seating is very limited. We hope that many of you will have transportation all the way up to the campsite, since we cannot transport everyone who has expressed an interest in attending.

If you are interested in attending, make sure that Aubrey knows ASAP (801) 373-5044 Ext. 203. Even if you think you’ve already told her, please call to confirm a spot.

If you need personal assistance, like getting dressed or being lifted on and off the ground, please bring a personal attendant with you. The more the merrier! As you pack please remember that space is limited so it is best to pack just the essentials and be as compact as possible!

Ability 1st Utah will be providing meals for the week, but will not be providing any snacks, so bring those if you’d like them! There will also be canoeing offered by Common Ground on Wednesday for a small price. More details will come as you reserve your spot with Aubrey.

Check page 3 to see what you must bring to the campground.

Be prepared and don't forget the sunscreen!!!

There are lots of simple and effective ways to stay cool in warm weather and most of them are very affordable.

1. **Stay out of the sun while it's at its hottest.** Avoid exercising, traveling, sitting and walking about in the noonday sun as much as possible. It's best to limit your sun exposure between the hours of 10 a.m. and 4 p.m. each day during warmer months.
2. **Dress simply.** Lightweight, loose-fitting clothing will help to keep you cooler, even better if it is light in color as this will reflect the heat and sunlight better. Don't
Hello Students and Parents,

I hope everyone is enjoying the summer. I really appreciate all the help I’ve been getting from each of you and your patience with me.

Also, last month, 8 of our youth attended the Youth Leadership Conference. We had a blast learning about teamwork, advocacy for our peers, and leadership skills. As a result of the conference, we have created a Youth Leadership Council. Which is a group of youth that meets twice a month to come up with ideas on how to be better leaders, ideas of how to improve the youth program, ideas of activities for the youth to help the community, and how they will implement them.

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### July 2014

<table>
<thead>
<tr>
<th>Tuesday</th>
<th>Wednesday</th>
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<tbody>
<tr>
<td>1 Bowling Meet @ Ability 1st 11:30 am End 2:00 pm Lunch is provided</td>
<td>2 Individual/Team IL Skills 3:15-4:15 pm</td>
<td>3 Ability 1st Art Days Meet @ Ability 1st 11:00 am - End 2:00 pm Lunch is provided</td>
</tr>
<tr>
<td>8 Hogle Zoo Meet @ Ability 1st 9:00 am End 1:00 pm - Bring sack lunch</td>
<td>9 Cooking Skills 3:15-4:15 pm</td>
<td>10 Bridal Veil Falls Meet @ Ability 1st 10:00 AM End 12:00 pm Lunch is provided</td>
</tr>
<tr>
<td>15 Provo Rec Center Meet at Ability 1st @ 11:30 am End 2:00 pm Lunch is provided</td>
<td>16 Individual/Team IL Skills 3:15-4:15 pm</td>
<td>17 Bean Museum Meet @ Ability 1st 10:00 AM End 12:30pm Lunch is provided</td>
</tr>
<tr>
<td>22 Nickel City Meet at Ability 1st @ 11:30 am End 2:00 pm Lunch is provided</td>
<td>23 Cooking Skills 3:15-4:15 pm</td>
<td>24 OFFICE CLOSED</td>
</tr>
<tr>
<td>29 Dollar Movie TBD (To Be Determine)</td>
<td>30 Individual/Team IL Skills 3:15-4:15 pm</td>
<td>31 End of Summer Party Meet at Ability 1st @ 11:30 am End 2:00 pm Lunch is provided</td>
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### August 2014

<table>
<thead>
<tr>
<th>Tuesday</th>
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<tbody>
<tr>
<td>5 No Tuesday’s classes this month</td>
<td>6 Individual/Team IL Skills 3:15-4:15 pm</td>
<td>7 No Thursday’s classes this month</td>
</tr>
<tr>
<td>12</td>
<td>13 Cooking Skills 3:15-4:15 pm PICNIC (see pg. 3)</td>
<td>14</td>
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<tr>
<td>19</td>
<td>20 Individual/Team IL Skills 3:15-4:15 pm</td>
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<tr>
<td>26</td>
<td>27 Cooking Skills 3:15-4:15 pm</td>
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Youth are invited to join us at our “Thank You” picnic August 13, 2014 5:00-7:00 PM Details pg. 3
**CAMPING EQUIPMENT...**

**Required Items:**
- Sleeping Pad and sleeping bag
- Blanket and Pillow
- Personal hygiene items
- Medication (for 3 days)
- Long sleeved shirt
- Short sleeved shirt
- Long pants
- Mosquito Repellent
- Extra Clothing (for 3 days)
- Coat or jacket
- Underwear and Socks
- Rain gear
- Sturdy Shoes
- Sandals
- Sunscreen
- Flashlight

**Optional Items:**
- Shorts
- Games to share
- Hat and sunglasses
- Water bottle/canteen
- Extra Blanket
- Gloves
- Personal tent
- Snacks
- Bathing Suit
- Folding chair
- Camera

Please leave valuable and breakable items at home.

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**PICNIC**

It’s that time again! We’d like to invite you to our BBQ at the park. Let’s have fun, come together, and get to know the other consumers. This is Ability 1st Utah’s way of saying thank you for giving us the opportunity to assist you. You, and up to four family members or friends can join us!

Please call us if you are attending this activity. We need to know how many are coming to plan our meals. And remember, that for rides, you have to contact Aubrey at 801.373.5044 to save a seat on the bus. Like always...first come, first served!

**August 13th**
5:00 - 7:00 PM
Orem City Center Park
Sr. Citizen Pavilion
100 N 300 E, Orem

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**Staying cool continued...**

forget your head. Try using a bandanna folded into a triangle and wrapped over your head as is often seen on bikers - this actually wicks sweat away from your head, spreads it over a large area where it evaporates and reduces your scalp temperature. And always add sunglasses.

3. **Stay hydrated.** Water is essential for keeping your cool during hot weather. Water keeps your body cool and should be drunk even if you don’t feel thirsty. The best way to check your hydration level is to measure your urination frequency and color - if you haven’t gone in a while, you need to drink more water and if the color is dark, you need more water. Stay away from sugary drinks such as sodas and do not drink alcoholic drinks. Minimize caffeinated drinks, such as tea and coffee because these tend to increase dehydration.

4. **Warning:** If you don’t feel good in the heat, heed your feelings. If you’re panting or gasping for air, fatigued or faint, feeling hot, have headaches or nausea, feel confused or feel unwell in any other way, these are signs that the heat is getting to you. Stop what you’re doing, rest somewhere as cool as possible and make sure that you are lightly dressed and drinking plenty of water. If you continue to feel bad after a short rest, see a doctor or emergency services immediately.
Hello everyone,

I'm Kathy Tucker, the new Loan Bank Manager and Van Driver. I am responsible to get you to the activities on time. If you can't make it to an activity it's best to give us as much notice as possible. Our policy is, if you canceled three (3) times, just before the hour of the activity, we cannot give you any more rides for three (3) months!

I will be calling you 5-10 minutes before I pick you up to let you know the van is getting close to your home. This is not the time to tell us you are not coming to the activity!

The outreach phone that I will be calling you from is 801-722-8148.

On a personal note....

I love to watch the Steeler's play football, reading, cooking healthy snacks, and listening to most of any type of music. I also enjoy attending concerts of my favorite bands!

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<tbody>
<tr>
<td>1</td>
<td>Living Well with Chronic Conditions Class # 5</td>
<td>2</td>
<td>Peer Support</td>
<td>3</td>
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<td>7</td>
<td>Grocery Shopping</td>
<td>8</td>
<td>Living Well with Chronic Conditions Class # 6</td>
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<td>21</td>
<td>22</td>
<td>23 Bowling at Fat Cats</td>
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<td>29</td>
<td>30 Cooking Class</td>
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PLEASE ALWAYS CALL TO CONFIRM IF ATTENDING ANY OF THE ACTIVITIES ON THIS CALENDAR. SOME OF THE ACTIVITIES MAY TAKE PLACE IN ANOTHER LOCATION!
August 2014

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<td></td>
<td>Arts and Cultures Card Making 1:00-2:30 PM</td>
<td>Peer Support 11:00-12:30 PM</td>
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<td></td>
<td>Grocery Shopping 1:00-2:30 PM</td>
<td>&quot;Thank You&quot; BBQ 5:00-7:00 PM Orem City Center Park</td>
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<td></td>
<td>Computer Class 1:00-2:30 PM</td>
<td>Living Planet Aquarium Admission-$15.95</td>
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<td>Cooking Class 1:00-2:30 PM</td>
<td>Disability History Day 1:00-2:30 PM</td>
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If you have knowledge let others light their candles in it.
-Margaret Fuller

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

For those who don’t know I (Quince) am the new Youth Program Developer. My past jobs have been in educating youth from After School programs to Social programs for troubled youth.

Here is a little about me... I’m originally from Illinois. I served a Spanish Speaking mission for my church in Texas. I went to Le Cordon Bleu Culinary School in St. Louis and graduated. I also recently graduated from Utah State as a Theater Arts Major. I am excited to bring my love of cooking and theater to our youth consumers, here at Ability 1st Utah!
**JUAB & SANPETE COUNTIES**

Our camping trip this year will again include consumers from both Salt Lake City Independent Living Center and Options for Independence in Logan. This year, we will be camping in scenic Ogden Valley. Come spend time with good friends and have fun! Please call Wendy at 283-4949 to reserve your spot on the bus for our annual camping trip.

Come and join us for this great “THANK YOU” BBQ! We will be getting together with Utah County consumers in Orem. August 13 from 5-7 PM. Call for a ride.

If you are interested in attending the storytelling festival in Orem on the 29th, please call to reserve your spot on the bus, tickets will need to be purchased for the event in advance.

If you need transportation please call the Ephraim Office at 283-4949. Every effort will be made to help consumers get where they need to go, please give us as much advance notice as possible.

### July 2014

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<td>Shopping 1:30 PM</td>
<td>Food Bank 11:30 AM</td>
<td>Food Bank 1:00 PM</td>
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<td>Shopping 1:30 PM</td>
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<td>Office Closed</td>
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### August 2014

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<td>“Thank You” Picnic BBQ</td>
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<td></td>
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<td>Timpanogos Storytelling Festival</td>
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Llegó el verano!!!
Vamos a acampar en Anderson Cove Campground en Ogden
¡Reserven un lugar lo más pronto posible, llamando a Aubrey, antes de que no haya más cupo! Por favor vean la lista en la página 3 para saber lo que necesitan traen a este acampamento.
Si tienen alguna pregunta o necesitan más información, por favor llámenos al (801) 373-5044 y preguntén por Aubrey.

13 de agosto
Día de picnic!!!

City Center Park
300 East Center St. 100
North, Orem
Pabellón del norte
5:00 ~ 7:00 PM

Como siempre, este evento es para usted en agradecimiento por su participación en nuestros programas. La cena incluye hamburguesas, chips, bebidas y mucho más!!!

El uso del nuestros ómnibus es limitado para aquellos que no pueden asistir de otra forma. Por favor de llamarnos si es que van a necesitar transportación.

Recuerde las palabras del proverbio chino que dice: “El fracaso más grande, es nunca haberlo intentado”. Es mejor actuar una y otra vez, a pesar del fracaso, que llevar una vida pasiva, por miedo a fracasar.

Buenos consejos para combatir el calor este verano

- Beba agua o líquidos con frecuencia, aunque no sienta sed y con independencia de la actividad física que realice.
- No abuse de las bebidas con cafeína, alcohol o grandes cantidades de azúcar, ya que pueden hacer perder más líquido corporal.
- Haga comidas ligeras que ayuden a reponer las sales perdidas por el sudor (ensaladas, frutas, verduras, zumos, etc.).
- Procure reducir la actividad física en las horas más calurosas (de 12.00 a 17.00).
- Nunca deje a ninguna persona en un vehículo estacionado y cerrado (especialmente a niños, ancianos o enfermos crónicos).
- Consulte a su médico ante síntomas que se prolonguen más de una hora y que puedan estar relacionados con las altas temperaturas.
- Mantenga sus medicinas en un lugar fresco; el calor puede alterar su composición y sus efectos.
A big **THANK YOU** to Tom Brownlee for the years of service as a leader, volunteer, and all around great guy!

He has been an active consumer and has overcome personal challenges in order to volunteer, a fact which is fully recognized and enormously appreciated.

Tom has served in many committees and represented our Center well; he is an example of what fighting for your rights is all about! Tom - you really are making a difference in people’s lives!

**Ability 1st Utah staff and the rest of our consumers, wishes him the best in his future endeavors! Thank you!**