

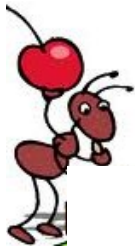
Ability 1st Utah

A VOICE OF OUR OWN



JULY-AUGUST 2014

COME CELEBRATE WITH US...



2014 CAMPING EXPEDITION JULY 15-17

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!!!

STAYING COOL

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

Continue on pg. 3

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Please Note: This calendar is strictly for the Youth Program.
For other activities, please see the main calendar.

July 2014

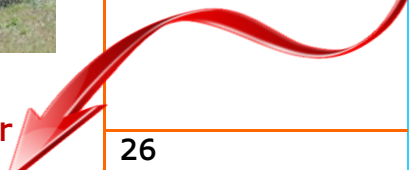
Hello Students and Parents,
I hope everyone is enjoying the summer. I really appreciate all the help I've been getting from each of you and your patience with me.

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 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.

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

August 2014

Tuesday	Wednesday	Thursday
5 No Tuesday's classes this month	6 Individual/Team IL Skills 3:15-4:15 pm	7 No Thursday's classes this month
12	13 Cooking Skills 3:15-4:15pm PICNIC (see pg. 3)	14
19	20 Individual/Team IL Skills 3:15-4:15 pm	21
26	27 Cooking Skills 3:15-4:15pm	28



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	Extra Clothing (for 3 days)
Blanket and Pillow	Coat or jacket
Personal hygiene items	Underwear and Socks
Medication (for 3 days)	Rain gear
Long sleeved shirt	Sturdy Shoes
Short sleeved shirt	Sandals
Long pants	Sunscreen
Mosquito Repellant	Flashlight

Optional Items:

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



Please leave valuable and breakable items at home



It's that time again! We'd like to invite you to our BBQ at the park. Lets 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!**

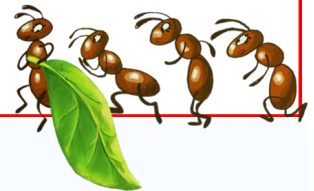
August 13th

5:00 - 7:00 PM

Orem City Center Park

Sr. Citizen Pavilion

100 N 300 E, Orem



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.



July 2014



Mon

Tue

Wed

Thu

Fri

	1 Living Well with Chronic Condi- tions Class # 5 1:00-3:30 PM	2 Peer Support 11:00-12:30 PM	3	4 OFFICE CLOSED 
7 Grocery Shopping 1:00-2:30 PM	8 Living Well with Chronic Condi- tions Class # 6 1:00-3:30 PM	9	10	11
14	15	16	17	18
ANNUAL CAMPOUT Check front page & page 3 for details				
21	22	23 Bowling at Fat Cats \$1 for shoes/\$1 per game 11:00 AM	24  OFFICE CLOSED	25
28 Computer Class 1:00-2:30 PM	29	30 Cooking Class 1:00-2:30 PM	31	

PLEASE ALWAYS CALL TO CONFIRM IF ATTENDING ANY OF THE ACTIVITIES ON THIS CALENDAR. SOME OF THE ACTIVITIES MAY TAKE PLACE IN ANOTHER LOCATION!

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!

August 2014

Mon

Tue

Wed

Thu

Fri

If you have knowledge let others light their candles in it. -Margaret Fuller				1
4	5 Arts and Cultures Card Making 1:00-2:30 PM	6 Peer Support 11:00-12:30 PM	7	8
11	12 Grocery Shopping 1:00-2:30 PM	13  "Thank You" BBQ 5:00-7:00 PM Orem City Center Park	14	15
18	19 Computer Class 1:00-2:30 PM	20 Living Planet Aquarium Admission-\$15.95	21 	22
25	26	27 Cooking Class 1:00-2:30 PM	28 Disability History Day 1:00-2:30 PM	29



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.



Timpanogos Storytelling Festival

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

Tuesday	Wednesday	Thursday	Friday
1	2	3	4 OFFICE CLOSED
8 Shopping 1:30 PM	9	10	11 Food Bank 1:00 PM
15 CAMPING	16 CAMPING	17 CAMPING	18
22 Shopping 1:30 PM	23 Food Bank 11:30 AM	24 Office Closed	25 OFFICE CLOSED
29 Closed	30 OFFICE CLOSED	31 OFFICE CLOSED	August 1 OFFICE CLOSED

August 2014

Tuesday	Wednesday	Thursday	Friday
5 Shopping 1:30 PM	6	7	8 Food Bank 1:00 PM
12	13 "Thank You" Picnic BBQ	14	15
19 Shopping 1:30 PM	20	21	22 Food Bank 1:00 PM
26	27	28	29 Timpanogos Storytelling Festival



El rinconcito

Portador de su voz



Llegó
el verano!!!

Vamos a acampar en
Anderson Cove
Campground en Ogden

¡Reserven un lugar lo mas pronto posible,
llamando a Aubrey, antes de que no haya
mas cupo! Por favor vean la lista en la pági-
na 3 para saber lo que necesitan traen a este
acampamento.

Si tienen alguna pregunta o necesitan mas
información, por favor llámenos
al (801) 373-5044 y pregunten por Aubrey.

Julio 15-17

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.

13 de agosto
Día de picnic!!!

City Center Park
300 East Center St. 100
North, Orem
Pabellón del norte

5:00 ~ 7:00 PM

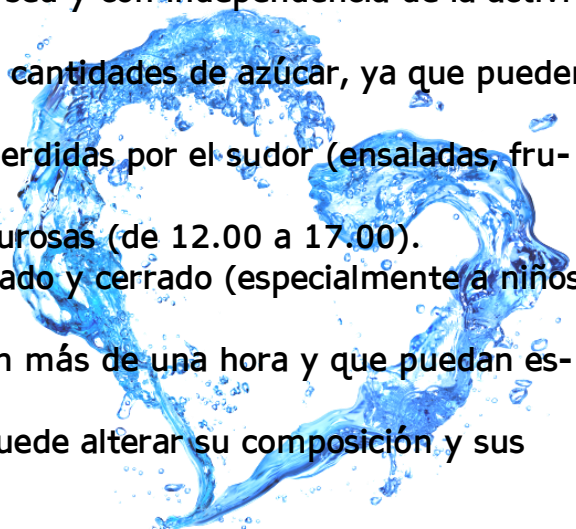
Como siempre, este evento es para usted
en agradecimiento por su participación
en nuestros programas. La cena
incluye hamburguesas, chips, bebidas y
mucho más!!!

El uso de nuestros ómnibus es limita-
do para aquellos que no pueden asis-
tir de otra forma. Por favor de lla-
marnos si es que van a necesi-
tar transportación.



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.



Ability 1st Utah Staff

Sandra M. Curcio
Executive Director
Jhilma Miranda - Supervisor
Deon Anderson
Janine Culver
Aubrey Dillistone
Becky Halliday
Wendy Hansen
Guilherme Meira (Gee)
Cristina Pitts
Adam Rowe
Jennifer Schofield
Kathy Tucker
Marco Valdivieso
Quince Van Orden

For more information visit our web-
site: www.abilityfirstutah.org

Follow us on: 

Call: 801.373.5044

Visit us at:

491 N Freedom Blvd. Provo UT

IN YOUR OWN WORDS



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 chal-
lenges 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!

Promoting Independence for People with Disabilities

Ability 1st Utah

491 N. Freedom Blvd.
Provo Utah, 84601

Phone: 801-373-5044

Fax: 801-373-5094

www.abilityfirstutah.org

Vision~

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

Return Service Requested