

Ability 1st Utah

A VOICE OF OUR OWN



DATE: *December 10, 2014*

TIME: *5:30 ~ 8:00 pm*

PLACE: *Centre Stage ~ Sorenson Center*

Utah Valley University 800 W University Pkwy

Come and have fun with us...Hawaiian style!!!

Good food, good entertainment, good company!



Don't forget to invite your family, but remember that we do have a limit of YOU and FOUR PEOPLE PER FAMILY. Please call us to reserve your seats on the van. Transportation is LIMITED and available on first come, first served basis for *only the consumer, not for the family.*

A waiting list will be started if we have van ride cancelations. (Directions on page 3)



THANK YOU EVERYONE!

Thank you to each of our event sponsors for their support & generous donations.

Thank you to the runners, walkers, & rollers for taking part in this year's race!



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Youth Korner

WOW!

What a way to start the School and Fall season. Plenty of new students at Nebo and Ability 1st Utah, new great goals and a new assistant, Her name is Emma. I hope everyone got to meet my volunteer. She has taught a few classes.

We have learned to write a resume, how to interview, budgeting, how to use public transportation thanks to UTA, and many other great IL skills in such a short time. I hope everyone enjoyed our Wii Bowling days. Farm Fest and the 5k/10k Run, Walk, and Roll did well for fund-raising. We are hoping to use some of those funds for other great activities. Who had fun at the Halloween party? I know I sure did.

As you may see on the Calendar that there is a Dance Party. The Independent Living Center in SLC has invited adults and youth for a dance. So please call me to reserve your spot, because transportation is limited.



Who else is excited for Thanksgiving? I hope you eat plenty of turkey. The Youth Leadership Council is doing great. We have great plans to help them in their advocacy goals. Remember to invite your friends, family, or other that could benefit from our program. They can call the center or me specifically. We hope to expand the youth program as much as we can! If you want a individual lesson just give me a call. Have fun doing the word search below. If you didn't already notice, I used every word in the paragraphs above.

Quince Van Orden
Youth Program Developer

I C C S G D N E Y A G P E Q I E A B F Y M
H N F W F F M I D Z I U U Q A M U T K J I
A V T E X U A V C H I K J S U M N C Q C R
L L I E S C O L S O G V C J Q A I S H L Z
L H Y E R C C R L W I I B O W L I N G O X
O G R E A V E K G E L N E B O U G U K O I
W Z S C K D I R P C P I A Y T Y V Z W H Y
E W Y H A R D E D Q B V M A E R G Q R C L
E I K E O Q U O W T S E F M R A F J T S Z
N D L D K N H T X N Y Z X L O W J G A H Q

ADVOCACY	EMMA	FALL
FARMFEST	HALLOWEEN	INTERVIEW
LEADERSHIP	NEBO	RESUME
SCHOOL	TURKEY	UTA
WII BOWLING		

November 2014

Tuesdays	Wednesdays	Thursdays
4 Nebo 12-1 PM IL Skills Training	5 IL Skills Training 3:15-4:15	6 IL Skills & Cooking 12-2
11  Veterans Day CLOSED	12 Cooking 3:15-4:15	13 IL Skills & Cooking 12-2
18 Nebo 12-1 PM IL Skills Training	19 IL Skills Training 3:15-4:15	20 Dance Party 1-3pm in SLC Limited Transportation
25 Nebo 12-1 PM IL Skills Training	26 Cooking 3:15-4:15	27  Thanksgiving Day CLOSED

December 2014

Tuesdays	Wednesdays	Thursdays
2 Nebo 12-1 PM IL Skills Training	3 IL Skills Training 3:15-4:15	4 IL Skills & Cooking 12-2
9 Nebo 12-1 PM IL Skills Training	10 Holiday Party at UVU Sorenson Center 5:30-8:00 PM	11 IL Skills & Cooking 12-2
16 Christmas Cookies Class 	17 Christmas Cookies Class	18 Christmas Cookies Class
23 Nebo Class TBD	24 CLOSED	25 CLOSED 
30 Nebo Class TBD	31	1 JANUARY CLOSED

Please call early to confirm rides for activities. We cannot always provide transportation

ATTENTION!!! *A reminder from Kathy, your Van Driver Coordinator*



As we come into the winter months, we will be implementing a new transportation procedure for the safety of the driver and other consumers. If there is an activity planned, while it's snowing and or if there are icy dangerous conditions in the area that you live in, either myself or your Independent Living Coordinator will be calling you to

make other arrangements to be picked up and dropped off at an alternate location close to your home (Individuals affected by this new practice, will be contacted with instructions).

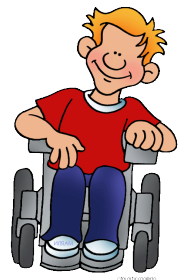
If you have any questions or concerns, please contact your Independent Living Coordinator.

- Thank you!

Assistive technology information...

A friendly reminder about how the Assistive Technology (AT) process works, here at Ability 1st Utah

When you come in and need some AT equipment, the first step is to talk with your Independent Living Coordinator to make a goal and depending on the equipment item, you may also need a doctor's approval. Once that is done, then they will give your referral to the AT Coordinator to process your requested item, he/she may do a home evaluation and or get a vendor involved. If the item needs to go through State approval, it will be placed on the State waiting list to await funding. Please be patient, very few AT items can be given on the spot; equipment like wheelchairs, walkers, or ramps will take a bit more time to get it to you.



Prevent seasonal flu...get vaccinated!

The single best way to prevent the flu is to get a flu vaccine each season. Fight it by:

- ⇒ Covering your cough
- ⇒ Washing your hands
- ⇒ Staying at home when sick

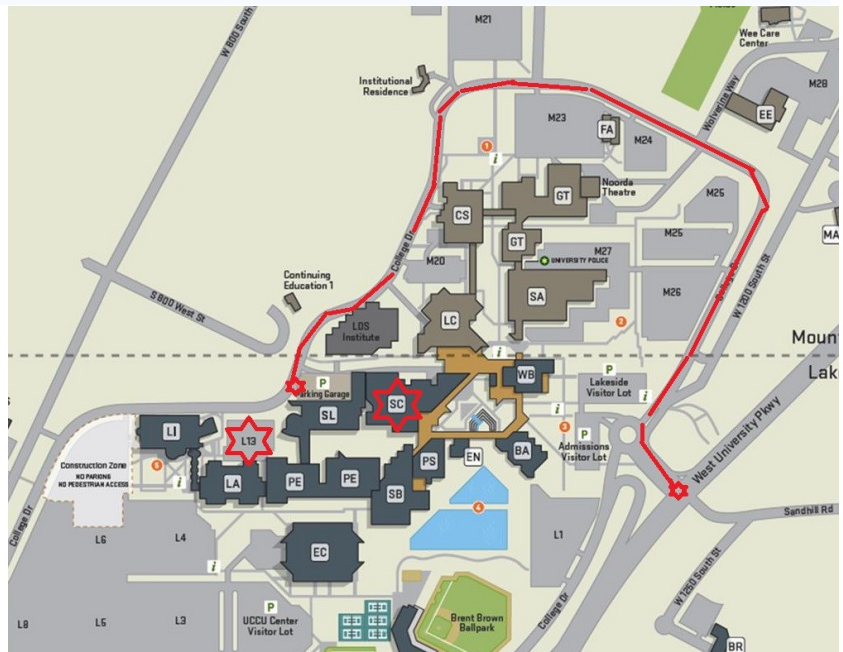
DIRECTIONS- Holiday Party

Enter UVU roundabout and go far right into Collage Dr. It will curb, taking you pass the Faculty Annex, the Computer Science Building, and just before the Parking Garage, the LDS Institute. Signs will be posted.



If you have a an accessible plaque
you can park **FREE** in the under-
ground parking garage. If not, you

can park **FREE** in lot  **L13**





November 2014

Mon

Tue

Wed

Thu

Fri

3	4 UTA Training 11:00 AM - 3:00 PM Meet at Provo FR Bring lunch	5 People First 11:00—1:00 PM	6	7 Office closed for Staff Annual Planning
10	11 Veterans Day  CLOSED	12 Grocery Shopping 11:30—2:00 PM	13	14
17	18 Community Action Food Bank 1:00-2:30 PM No open toe shoes	19 Life Skills Class Preparing a Turkey Dinner 11:00 AM -2:00 PM	20 Dance (SL Center) 1:00-3:00 PM Limited Transportation	21
24	25 Life Skills Class: Fire Safety Time: TBD	26 Life Skills: Arts and Crafts 12:00-2:00 PM	27 CLOSED 	28 CLOSED

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

My name is Brittany Adams. I will be the Afternoon Receptionist. I am a young, fun ginger. I am in my last year at BYU with philosophy as my chosen major. I love to write. I am in the process of writing my first novel which is entitled "The Embezzlement Scheme." Nothing cheers me up like listening to the perfect song. I play the piano and guitar, and I love to sing. I play volleyball, hike and cook. The best place I've hiked is Zion's. My favorite thing to cook is Tom-Kha-Gai which is a Thai soup. It is amazing! I also love Spanish. I served a mission for my church in San Diego, California, which is how I learned to speak Spanish.

I love to do things with my family. I have 3 sisters and 2 brothers. I also have 3 in-laws and one niece. She is the cutest kid you have ever seen! She is a ginger too, which is awesome! I was able to go to visit her this summer and she's coming here for Christmas. I think I love her more than her grandparents do! I will have a nephew soon, too. He may be



December 2014



Mon	Tue	Wed	Thu	Fri
1	2 Life Skills Class: Police Safety 12:30-2:00 PM	3 People First 11:00—1:00 PM	4	5
8	9 Grocery Shopping 12:00—2:00 PM	10 <i>Holiday Party</i> at UVU 5:30-8:00 PM <i>Limited Transportation</i>	11	12
15 	16 Christmas Cookies Cooking Class 12:00-2:00 PM	17 Life Skills Class: Computer 12:00-2:00 PM	18	19
22	23	24 CLOSED 	25 CLOSED	26
29	30	31	1 JANUARY CLOSED	2



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

Please let me take this opportunity to introduce myself as the newly hired Life Skill Trainer/Community Integration Coordinator...

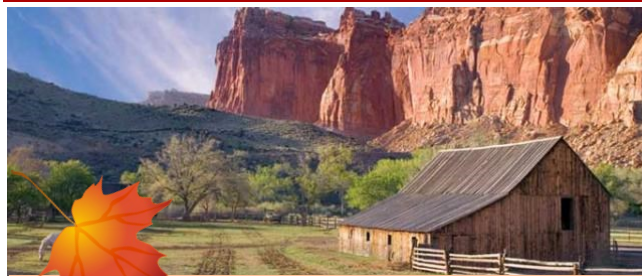
My name is Carol Willes.

I love sports, photography, mostly landscapes, and yard work...yes, I said yard work!

What I like most about working at Ability 1st Utah is that it gives me the opportunity to learn and be creative; being involved with people and establishing new relationships!

I want to do the best by you and to do it, I will need your help! Let me know of activities, classes, or trainings that you would like to participate in. Any suggestion will be taken into consideration.





JUAB & SANPETE COUNTIES

Welcome to Fall! It's the season of cooler days, beautiful leaves changing color, hot cocoa shared with friends...

Just a couple of things I wanted to mention. With the coming of colder weather comes cold and flu season. We don't want to share germs with one another. Getting sick can be a real problem if you have disabilities, it can make things much worse. Additionally when staff becomes ill it makes it hard for us to help consumers address their needs. If you have an appointment with me and you are not feeling the best, please call me to reschedule the appointment. If you are sick on shopping day or food bank day, or a scheduled activity, please don't attend. There will always be another activity to participate in and another shopping day and food bank day. If you haven't had your Flu Shot, think about getting one. You will stay healthier and those around you will stay healthier too.

This November we will be starting a class that will run for the next several months and I am super excited about it. We will be learning to do water color painting. Art is such a great way of expressing yourself. Art, like music, releases positive feelings from our brains that make us feel good. So come and have some fun doing water color painting!

If you need transportation for doctor appointments, etc. please contact me at least 24 hours before you need transportation. Every effort will be made to accommodate your request.

November 2014

Tuesday	Wednesday	Thursday	Friday
4 Shopping 1:30 PM	5 Food Bank 1:00 PM	6	7 CLOSED FOR STAFF ANNUAL PLANNING
11 VETERANS Day CLOSED	12 	13 CLOSED AT Training in SLC	14
18 ART CLASS Watercolor Painting 1:30 -3:00 PM	19 Shopping 1:30 PM	20	21 Food Bank 1:00 PM
25 11:00 AM MOVIE AND LUNCH at Branch Office	26	27 CLOSED 	28 CLOSED

December 2014

Tuesday	Wednesday	Thursday	Friday
2 Shopping 1:30 PM	3	4	5 Food Bank 1:00 PM
9	10 Holiday shopping at 8:00 AM in Orem/ Provo Holiday Party at UVU 5:30-8 PM	11	12
16 ART CLASS II Watercolor Painting 1:30 -3:00 PM	17 Shopping 1:30 PM	18	19 Food Bank 1:00 PM
23	24  CLOSED	25  CLOSED	26 Personal Day Off CLOSED
30 11:00 AM MOVIE AND LUNCH at Branch Office	31	1 JANUARY CLOSED	2



El rinconcito



El portador de su voz

Fiesta Navideña...

10 de diciembre ~ 5:30-8:00PM ~ UVU Centre Stage

Es nuestra fiesta anual y queremos que todos ustedes nos acompañen. Tendremos una comida deliciosa, entretenimiento alegre y estaremos juntos en compañía de amigos; la mejor combinación para que pasemos unas horas divertidas!

No se olvide de invitar a su familia, pero recuerde que tenemos un límite de 5 personas por familia. Si necesitan transportación, llámenos lo mas pronto posible; el ómnibus se llena rápido! El servicio de transportación es solamente para la persona que es nuestro consumidor, no para la familia.

Direcciones en la pagina #3



Detenga la propagación de gérmenes que lo afectan a Ud. y a los demás

Cúbrase la boca al toser



Cúbrase la boca y la nariz con un papel tisú al toser y estornudar

o tósa y estornude sobre la parte superior del antebrazo, no en la mano



Deseche el papel tisú en un cesto de residuos.

Después de toser o estornudar Lávese las manos



Lávese las manos con agua tibia y jabón

ó lávese con un limpiador con alcohol

La influenza es una de las enfermedades respiratorias virales más contagiosas y severas que existen.

La enfermedad ataca a las células de las vías respiratorias desde la nariz hasta los alvéolos pulmonares. Cuando una persona se contagia, comienza a enfermarse entre 18 y 72 horas después de haber estado expuesto y a su vez, contagia a los demás durante siete días a partir del inicio de los síntomas.

Los niños, en cambio, siguen contagiando hasta dos semanas después, aunque ya se hayan mejorado de algunos síntomas. Las dos vías de contagio son la boca y la nariz.

Los virus viajan en las gotitas de saliva que se diseminan en el aire al hablar, toser o estornudar y también se transmite a través de las manos contaminadas con el virus u objetos que permanecen en contacto directo con o las personas enfermas (juguetes, teléfono, manillas).

Siempre planeamos actividades para todos los consumidores, aunque no puedan ser en español. En el almanaque verán actividades como ir de compras, aprender usar computadoras, manualidades y mucho mas! Nos hemos dado cuenta que ustedes, los latinos, no participan mucho y queremos saber porque. Será que las actividades no les gustan? Que no son dadas en español? Que será? Déjenos saber y así planearemos actividades donde se sienten incluidos.

Ability 1st Utah Staff

Sandra M. Curcio
Executive Director

Jhilma Miranda - Supervisor

Independent Living Specialists
Deon Anderson
Wendy Hansen
Quince Van Orden (Youth)
Carol Willes

Janine Culver-Ticket to Work
Cristina Pitts-Outreach Coord.
Adam Rowe-AT Coord.

Kathy Tucker-Van Driver Coord.
Becky Halliday- Accountant
Receptionists
Brittany Adams
Jennifer Schofield

For more information visit our
website: www.abilityfirstutah.org

Follow us on: 

Call: 801.373.5044

Visit us at:

491 N Freedom Blvd. Provo UT 84601

THANK YOU - THANK YOU - THANK YOU



To all of 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 and Roll 5k-10k race, held on September 20th, a success.

Ability 1st Utah truly appreciates your continued support.



Thank you to the Provo Police Department for providing traffic control.



Promoting Independence for People with Disabilities

Ability 1st Utah

Return Service Requested

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.

