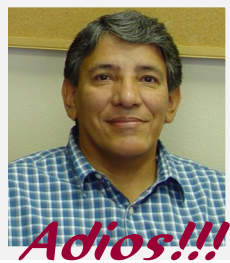


Ability 1st Utah Staff

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
Quince Van Orden

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



Hace unos 10 años, Marco Valdivieso, empezó como voluntario y luego se convirtió en un empleado de Ability 1st Utah. Cuando decidió volver a la universidad, se convirtió en nuestro recepcionista de la tarde y encargado del inventario, trabajando sólo a tiempo parcial.

Nuestros consumidores siempre fueron recibidos con una sonrisa acogedora y su capacidad de hablar español era una habilidad necesaria.

Marco, gracias por ser esa persona maravillosa que siempre estaba dispuesto a extender su mano de ayuda. Sabemos que usted tiene que dar este paso para su desarro-

llo personal, pero aún así nos deja triste. Lo vamos a extrañar como un colega y amigo.



Marco Valdivieso, has worked at Ability 1st Utah for almost 10 years. He started as a volunteer and later became an employee. When he decided to go back to collage, he became our afternoon receptionist and inventory manager, working only part time. Our consumers were always greeted with a smile and his ability to speak Spanish was a must needed skill.

Marco, thanks for being that wonderful person who always was willing to extend his helping hand.

We know that you have to take this step for your personal development, but still it leaves us sad. We will miss you as a colleague.

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

~Vision~

491 N. Freedom Blvd.
Provo Utah, 84601
Phone: 801-373-5044
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www.abilityfirstutah.org

Promoting Independence for People with Disabilities

Ability 1st Utah

Ability 1st Utah

A VOICE OF OUR OWN

SEPT ~ OCT 2014

Run with us...Play with us...Volunteer with us!!!

Sponsored in part by:  CENTRAL BANK  ZIONS BANK® WE HAVEN'T FORGOTTEN WHO KEEPS US IN BUSINESS.™  Utah Community CREDIT UNION  AMERICA FIRST CREDIT UNION  Olive Garden ITALIAN RESTAURANT  alphaGraphics® DESIGN • COPY • PRINT • COMMUNICATE OREM UTAH

12th ANNUAL FUNRAISER RACE 2014



5K & 10K RUN, WALK, & ROLL

Saturday, September 20

RACE PLACE: 2225 West 620 North ~ Provo, UT

Registration: 7:00 AM|10K Race Start: 8:15 AM|5K Race Start: 8:30AM

Online Registration

www.ability1stutah.org | www.active.com

Pre-Registration

NOW!!Closing time: Sept 19 by 3:00 PM

MEDALS FOR
DIVISION WINNERS &
PRIZE DRAWING!

Come join us and make a difference!!!

Each year, as we close out summer and head into fall, we get together for our annual fundraising race and celebrate independence!

We're inviting our supporters, friends and running enthusiasts to join us in a 10K/5K race to help us serve our consumers in Utah, Juab, Sanpete, & Wasatch counties.

The Race is the only awareness event for people with disabilities in Utah county. Individuals can race in manual wheelchairs, motorized/assisted wheelchairs, or handcycles; thus the "ROLL" part of the race's name!

Thank you to all of our past runners and sponsors who have made this event so successful throughout the past 11 years!

In this issue:

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Calendar P.5
Juab & Sanpete P.6
En español P.7
Your Story P.8

Youth Kormer

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

Hello Youth Students and Parents!

What a crazy fun summer! I hope all of you enjoyed it as much as I did. Are you ready for school or to get back to work? Have no fears; I'm hear to help. Classes will begin again. They will be at the same times as the previous year.

The Youth Leadership Council has taken off with a BANG! They have volunteered at the food bank, helped lead their peers in summer activities, and volunteered at the Annual BBQ. They will continue to make big waves in our community and in themselves as they continue to advocate as AWESOME Leaders!



The next two months have potential for so much growth and learning. Remember if you would like to schedule an individual session with me (Quince, the Youth

Program Developer) all you have to do is ask!

There are possibilities for field trips and activities, so come to all the classes so you can be aware of them. Some will have limited transportation, so be sure to sign up early if you want to join that activity.

Call me at: 801.373.5044

CHECK OUT OUR PAST FUN ACTIVITIES
PAGE 3

September 2014

Tuesdays	Wednesdays	Thursdays
2 Nebo 12-1 PM IL Skills Training	3 Cooking Class 3:15-4:15 PM	4 IL skills/cooking class 12-2:00 PM
9 Nebo 12-1 PM IL Skills Training	10 Utah State Fair \$1 per person From 10-2:00 PM Limited Transportation	11 IL skills/cooking class 12-2:00 PM
16 Nebo 12-1 PM IL Skills Training	17 Cooking Class 3:15-4:15 PM	18 Wii Bowling Tournament (Teams of 4) Lunch Provided 12-3:00 PM
23 Nebo 12-1 PM IL Skills Training	24 Wii Bowling Tournament (Teams of 4) 3:15-4:30 PM	25 IL skills/cooking class 12-2:00 PM
30 Nebo 12-1 PM IL Skills Training	Please call early to confirm rides for activities. We cannot always provide transportation.	

October 2014

Tuesdays	Wednesdays	Thursdays
	1 IL Skills Class 3:15-4:15 PM	2 IL skills/cooking class 12-2:00 PM
7 Nebo 12-1 PM IL Skills Training	8 Cooking Class 3:15-4:15 PM	9 IL skills/cooking class 12-2:00 PM
14 Nebo 12-1 PM IL Skills Training	15 IL Skills Class 3:15-4:15 PM	16 IL skills/cooking class 12-2:00 PM
21 Nebo 12-1 PM IL Skills Training	22 Cooking Class 3:15-4:15 PM	23 IL skills/cooking class 12-2:00 PM
28 Nebo 12-1 PM Heber Creeper \$2.00 per person -4:00 PM Limited Transportation Call soon!	29 Halloween Party 2:30-4:30 at the Provo Library Families Welcome NO MASKS Limited Transportation	30 IL skills/cooking class 12-2:00 PM



El rinconcito

Portador de su voz

En los meses de septiembre y octubre, Ability 1st Utah, tiene buenas actividades que quiere compartir con ustedes. Pueden aprender el usar las computadoras, pueden ir a pescar, hacer compras, jugar boliche virtuales, ir a la feria del estado, cocinar algo nuevo, o participar en la fiesta de Halloween...pero no hemos vistos sus caras en meses pasados! Cuando reciben este boletín, recuerden que las actividades son planeadas para que ustedes también participen. No podemos siempre tener alguien que les traduzcan o les interpreten su lengua, pero es lindo integrarse con otros individuos que tienen discapacidades y que comprenden nuestras situaciones. Cuando ustedes se juntan con otros que no son iguales a ustedes se aprende mucho más a través de estas interacciones cercanas. No dejen de participar por no poder entender el inglés, no se pierdan oportunidades de divertirse!



Si tienen ideas de actividades que les gustaría participar, déjenos saber para planear y poder ofrecérselas a todos!



Vamos...es hora de correr la carrera de Ability 1st Utah!!!
10K & 5K, donde la pueden correr, caminar o pueden usar las sillas de ruedas manual o eléctricas! - Es una carrera fácil y este año queremos que 200 personas participen.

Medallas para los ganadores de cada categoría
Rifas y Premios - Vengan a la oficina para matricularse!

SEPTIEMBRE 20, 2014
2225 WEST 620 NORTH
PROVO, UT

Recuerde las palabras del proverbio japonés que dice:
"Hay una puerta por la que pueden entrar la buena o la mala fortuna, pero tú tienes la llave."







**JUAB
& SANPETE COUNTIES**

Movies in the Park, on
September 10th at 7:00 PM
we will be
watching Frozen and
having frozen franks at
Pioneer Park

(actually we will be cooking them).
Transportation for this activity will be
available. If you attend, you need to
bring your own chair or a blanket to sit
on and watch the movie in the park . We
will be grilling hotdogs for dinner.

 Movie in the Park will be
on **October 29th at 6:30 PM**
and is a Halloween Party/
Movie Night. Because it will be cooler
you will need to bring blankets and
chairs to sit. If the weather doesn't co-
operate we will move inside. Come have
fun with us in the park!

 Please remember if you
need transportation for
doctor visits, hospital tests,
etc., please try to let me know at least
24 hours in advance. We make every
effort to accommodate consumer needs.

September 2014

Monday	Tuesday	Wednesday	Thursday	Friday
1 LABOR DAY  CLOSED	2 Shopping 1:00 PM	3	4	5
8	9	10 Movie at the park -Frozen- 	11	12 Food Bank 1:00 PM
15 CLOSED	16 CLOSED	17 Shopping 1:00 PM	18	19
22	23	24	25	26 FOOD BANK 1:00 PM
29	30			

October 2014

Monday	Tuesday	Wednesday	Thursday	Friday
6	7 Shopping 1:00 PM	8	9	10 Food Bank 1:00 PM
13	14	15	16	17
20	21 Shopping 1:00 PM	22 Food Bank 1:00 PM	23	24
27	28	29 Halloween/ Movie Party 	30	31



FUN SUMMER ACTIVITIES

**DEPOSIT YOUR "TICKET" WITH ABILITY 1ST UTAH
EMPLOYMENT SERVICES**



Social Security's Ticket to Work Program is a free and voluntary program available to people ages 18 through 64 who are blind or have a disability and who receive Social Security Disability Insurance (SSDI) or Supplemental Security Income (SSI) benefits.

While participating in the Ticket to Work Program, beneficiaries can get the help they need to safely explore their work options without immediately losing their benefits and find the job that is right for them.

COME IN AND LEARN MORE

New opportunities...the choice is yours!

Call Janine Culver, Employment Services Coordinator at



September 2014

Mon	Tue	Wed	Thu	Fri
1 LABOR DAY CLOSED	2 Computer Class 12:00-2:00 PM	3 People First Peer Support Group 11:00-1:00 PM	4	5
8	9 Grocery Shopping 1:00-2:30 PM	10 Utah State Fair 10:00-2:00 PM General Admission: \$1	11	12
15	16 Wii Bowling Tournament 11:00-3:00	17 	18	19
22	23 Fishing at Springlake Trout Farm 10:30 AM Bring a sack lunch	24 Cooking Class 12:00-2:00 PM	25	26
29	30			

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



Activities fill quickly so please sign up early to ensure your spot. Transportation is reserved for those with no/or no other means and is based on a first call first served basis. A waiting list will be made. Remember that you're welcome to bring spending money for food or souvenirs on the outings! There are often exciting things to purchase. Sack lunches are also welcome if allowed by the outing destination. Please note, we're visiting the Utah State Fair and the Hogle Zoo at the same time as our friends from UILC so we'll get to enjoy the experience with them!

Wii Bowling Tournament

We'll be competing against our sister IL centers on bowling through the Wii video game system. We'll create teams of four and submit our scores against the other centers. Let's show them who's boss!

October 2014



Mon	Tue	Wed	Thu	Fri
		1 People First Peer Support Group 11:00-1:00 PM	2 Hogle Zoo 10:00-3:00 PM	3
6	7 Grocery Shopping 1:00-2:30 PM	6 Bridal Veil Falls 11:00-1:00 PM Bring a sack lunch	8	9
13	14 Computer Class 12:00-2:00 PM	15 Computer Class 12:00-2:00 PM	16	17
20	21	22 Cooking Class 12:00-2:00 PM	23	24
27	28 Heber Creeper 4:00 PM Admission: \$2.00	29 Halloween Party Provo Library Room 201 2:30-4:30		31



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

Heber Creeper

Tuesday October 28, 2014
Admission \$2.00 (Must confirm by October 15, 2014 & no late additions after the 15th)
Your ticket includes a 45 minute train ride where you will be entertained on board by costumed entertainers! You will also get to pick 1 free pumpkin.
Very limited space on the bus. The Heber Creeper is not wheelchair accessible.



Halloween Party

Provo Library Room 201
October 29th
2:30-4:30 PM
Each consumer is able to bring up to 2 family members. Food will be served.
PLEASE NO MASKS Call soon!!! First come first served.