

Ability 1st Utah

VOICE OF OUR OWN

MAY-JUNE 2015



The Legislative Session is Over... What's Next for 2015 & 2016?

The 2015 Utah Legislative Session ended on March 12, 2015. Our Utah Legislators continued to be very supportive of the Independent Living Program.

The Independent Living program did receive one time funding in the amount of \$275,000 for maintenance of services and \$500,000 one-time funding for Assistive Technology equipment. This funding will be used for all of the six Center's for independent living in Utah.

Ability 1st Utah would like to take this opportunity to thank all of our Legislators for their continued belief and support of the Independent Living program.

THANK YOU!

So what is next? Now is your opportunity to strengthen existing relationships or build new relationships with legislators. Establishing relationships with legislators is one of the best ways to be recognized, respected and to gain some influence on political issues that are important to you. These relationships can make a significant difference in your ability to influence change.

Utah Legislators will be available in their home districts now and will have more time to meet with constituents – YOU!!

Please take advantage of this opportunity to get to know your legislators prior to the next Legislative session and before the up and coming elections in 2016. This is a great time to remind them that as a constituent your vote counts and educate them about your specific issues that impact your lives on a daily bases.

Other ways to learn ways to communicate with your legisla-

tors is to get involved with our People First support group that meets the first Wednesday of each month at 11:00 AM at Ability 1st Utah.

This is an opportunity to learn about public policy advocacy and your rights as a citizen. If you would like more information about the People First group, please contact Brittany Adams at:

brittany@ability1stutah.org
or call: 801-373-5044

Sandra M. Curcio
Executive Director

In this issue:

- Youth Korner [P.2](#)
- Ability 1st News [P.3](#)
- Calendar [P.4](#)
- Calendar [P.5](#)
- Juab & Sanpete [P.6](#)
- En español [P.7](#)
- Your Story [P.8](#)



Huzzah Summer is here! Come in a fill out your summer application. We are expanding the summer program to 21 spots. Find the application online at www.ability1stutah.org or you can always come into our office and fill one out. The spots will fill up fast. As you may notice we have 2 weeks in May without classes. I will be calling many of you for personal interview to see how you have been doing on your goals and to possible set some new goals.

I have been the youth program developer for a year now. We have done some cool activities like Spy Hop, I-FLY, Adobe, Provo Rec Center, Get out Games, the State Capitol and many more. I would love your feedback of some of your favorite activities, or some that we haven't done yet and you would like me to look into doing. If you suggest the idea; I'll make sure you are in the group that attends.

If you have any questions for me about classes, upcoming activities, or would like to schedule a one on one class, don't hesitate to call me.

Quince Van Orden
Youth Program Developer
Ability 1st Utah
Office: (801) 373-5044
Cell: (385) 375-1370
Quince@abilityfirstutah.org

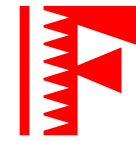
May 2015

Tuesdays	Wednesdays	Thursdays
5 Nebo: Hygiene	6 Healthy Relationships 4:00-5:30 PM	7 Healthy Relationships 12:00-2:00 PM
12 Nebo: No Class	13 No Class	14 No Class Summer applications are due!
19 Nebo: No Class	20 No Class	21 No Class
26 Nebo No Class	27 Care for Home 4:-5:30 PM	28 Start of Summer Program Bees Game Meet at Ability 1 st at 9:00 AM



June - Summer Program

Tuesdays	Wednesdays	Thursdays
2 Provo Rec 11:00-1:00 PM	3 Healthy Relationships 4:00-5:30 PM	4 Fishing 10:00-12:00 PM Meet at Ability 1 st at 9:30 AM
9 No Activity	10 No Class	11 No Activity
16 Hiking and Picnic 11:00-1:30 PM	17 Social Responsibility 4:00-5:30 PM	18 Kickball 11:00 AM-1:00 PM
23 Nickel City 11:00-1:00 PM	24 Sewing Repairs and Cooking 4:00-5:30 PM	25 Utah Arts Festival TBD
30 Historical Site Meet at Ability 1 st at 9:00 AM Finish at 1:00 or 2:00 PM		



first time,
but not the
last time...

Ability 1st Utah held a cooking class that was taught in Spanish, with English interpreting by our own Brittany Adams.

Everyone had a good time and switching languages was no problem!!!

Thank you for coming together and uniting cultures!

Gracias to Patty for teaching such a great and tasty class!



TACO TIME

The Ability 1st Utah way!!!

Put Life Back into Your Life
Join us for the Living Well
with Chronic Health
Conditions workshop.

If you or someone you love has one of the following chronic health conditions: heart disease, diabetes, arthritis, depression, chronic pain, fibromyalgia among others, this workshop is for you.

May 5, 2015

Tuesdays from 1:00 - 3:30 PM

FREE six-week workshop

Remember...the healthier you are,
the more you are able to do!

Limited space - Call now
801.373.5044

UTA  **AMBASSADORS**

The Utah Transit Authority (UTA) has created a program to encourage independence and more public transit use. The Travel Ambassador Program provides FREE Travel Orientation to anyone who needs a little extra help using public transit.

Ambassadors teach the skills necessary to navigate public transit in a safe and independent manner. The instruction is personalized and taught with your needs, abilities, and specific travel plans in mind.

If you want a ticket to freedom call Brittany, Kathy or Quince to make an appointment for a one-on-one instruction, so you can learn the skills in using the Front Runner, Trax or Bus system.

Public transit gives you the opportunity to go where you want, when you want...like coming to our activities!





May 2015



Mon

Tue

Wed

Thu

Fri

4 Come to this great workshop! 	5 #1 Living Well with Chronic Conditions 1:00-3:30 PM	6 People First 11:00-1:00 PM	7	8
11	12 #2 Living Well with Chronic Conditions 1:00-3:30 PM	13 Grocery Shopping 11:30 AM-2:30 PM	14	15
18	19 #3 Living Well with Chronic Conditions 1:00-3:30 PM	20 Computer Class 12:00-2:00 PM	21	22
25 Memorial Day CLOSED	26 #4 Living Well with Chronic Conditions 1:00-3:30 PM	27 Cooking Class Dave Nelson will teach about good & easy breakfasts	28 	29



ATTENTION VAN RIDERS...NEW RULE

For consumers using this free service, we **NO LONGER** allow you to bring soft drinks into the vans, unless they are in a sealed, spill proof container at all times!!!

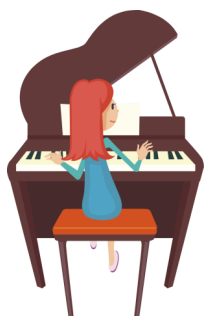
YOU make a mess, **YOU** clean it up!

Remember the 3 Strike Rule...after three times of not complying with the rules you will not be able to get rides for **THREE MONTHS!!!**

WELCOME CASSANDRA...

Hi, my name is Cassandra Gonzalez and I'm so grateful and excited to be working at Ability 1st Utah! I am the afternoon receptionist and I love helping people in any way I can. I've learned so much from this job already and it's only the beginning!

About me...



I am currently a student at UVU working on my Bachelor's degree in Biology. I hope to go to U of U after I get my Bachelor's degree to become a Physician's Assistant someday. I love sports (especially soccer and football) and Chinese food so if you have any suggestions, I'd be more than happy to hear them! I've lived in Utah my whole life, but I'm not LDS, I am actually Catholic. Nonetheless, I love living here and wouldn't want to live anywhere else. In my free time I love reading, playing the piano and spending time with family and friends!

June 2015



Mon	Tue	Wed	Thu	Fri
1	2 #5 Living Well with Chronic Conditions 1:00-3:30 PM	3 People First 11:00-1:00 PM	4	5
8	9 #6 Living Well with Chronic Conditions 1:00-3:30 PM	10 Grocery Shopping 11:30 AM-2:30 PM	11 	12
15	16 Molina Healthy Lifestyle 1:00-3:00 PM	17 Cooking Class: Eating a balance meal	18	19
22	23 Computer Class 12:00-2:00 PM	24 UTA TRAINING 10:00 AM-4:00 PM	25	26
29	30 William Sears Workshop- Mental Illness 1:00-3:00 PM	 NOTICE--Get ready for CAMPING!!! SAVE THE DATE - JULY, 14, 15, & 16 Space is limited - Call soon!		

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

BRITTANY'S NEW POSITION...

Hello to all! I'm excited to be speaking to you as the new IL Specialist. I have been in this position for about two months now and I am loving it. It is so great to be able to meet with you one-on-one and to be able to do the group classes. I feel like I am getting the best of both worlds.

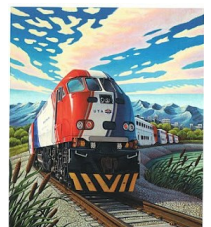
I am learning a lot, so thank you for working with me and helping me to feel comfortable. I am looking forward to our upcoming activities and to completing the goals that we have set together. Feel free to give me a call to set up an appointment. Brittany@ability1stutah.org

UTA TRAINING - JUNE 24th

1. For this training, Ability 1st Utah will cover the cost of riding the Front-runner.
2. Those that are meeting us, at the Provo Station, please be there no later than 10:25 AM
3. Bring your own lunch

You will learn:

- How to purchase a ticket
- How to board the vehicle
- Travel safety & security tips
- Where the nearest stop/station is to your destination





JUAB & SANPETE COUNTIES



VAN RIDERS...NEW RULE

For consumers using this free service, we **NO LONGER** allow you to bring soft drinks into the van, unless they are in a sealed, spill proof container at all times!!!

If **YOU** make a mess **YOU** clean it up!

Remember the 3 Strike Rule...after three times of not complying with the rules you will not be able to get rides for **THREE MONTHS!!!**

We don't make rules arbitrarily or to discriminate against anybody. Please remember that the rules are made for all of us and they need to be followed by all us. The same goes for wearing seat belts. If you ride in the van you wear your seat belt, there are no exceptions to this rule.



It's time once again to start thinking about our annual Ability 1st Utah camping trip.

This year branch office consumers that want to go camping

will be going with the Salt Lake Center and the Provo Center's consumers to Starvation State Park.

Our camping trip will be July 14, 15 & 16. If you are planning to attend please let me know.

May 2015

Tuesday	Wednesday	Thursday	Friday
			1
ATTENTION: MONDAY, MAY 25TH THE OFFICE WILL BE CLOSED			
5 Shopping 11:00 AM	6	7	8
12 Hogle Zoo 8:00 AM	13 Food Bank 12:00 Noon	14	15
19 Shopping 11:00 AM	20	21 Watercolor Class #6 1:30 PM	22
26	27 Food Bank 12:00 Noon	28 OFFICE CLOSED	29 OFFICE CLOSED

June 2015

Tuesday	Wednesday	Thursday	Friday
2 Shopping 11:00 AM	3	4	5
9	10 Food Bank 12:00 Noon	11	12
16 Shopping 11:00 AM	17	18 Movie in the Park 8:00	19
23	24 Food Bank 12:00 Noon	25	26
30			



El rinconcito

El portador de su voz

COCINA A LA MEXICANA

Vieron las fotos en la pagina tres? Son de cuando nos juntamos para aprender hacer tacos de papas. Patty enseñó la clase, toda en español. Estamos muy orgullosos de sus talentos, pero mucho mas por quererlos compartir con todos los consumidores de Ability 1st Utah! Gracias, Patty!!!

Ahora les pedimos... quien va hacer lo mismo que Patty? Enseñe de sus talentos! Pueden ser de cocinar, de manualidades, de canto, de tocar un instrumento. Queremos crear una lista donde podremos elegir quien sería la persona que nos ayudaría a enseñar una clase. Tendremos una clase en julio...a quien llamamos?



Recuerden que Brittany habla español y les puede ayudar cuando las clases son en ingles. No dejen de venir porque no se da la clase en español.

ATENCION



Para los consumidores que usan el servicio gratuito de nuestros ómnibus, anunciamos que a toda hora **no le permitiremos** que traigan refrescos, a menos que estén en una botella que se pueda tapar y que sea a prueba de derrames. Queremos mantener los vehículos limpios y con su ayuda podremos hacerlo. Está consiente de que cuando come, limpie su asiento. Por favor siga esta regla porque después de no cumplirla por tres veces, usted no podrá usar nuestro transporte por TRES MESES !!!

Descubre un mundo de sabores y de preparaciones saludables, conociendo mejor cada alimento, aprendiendo a escogerlos, prepararlos, combinarlos y disfrutarlos.

TILAPIA A LA PLANCHA

INGREDIENTES

4 filetes de tilapia
1/4 taza de perejil picado
1/4 taza de jugo de limón
1 cucharada de mantequilla
Sal y pimienta al gusto



PREPARACIÓN

Derrite la mantequilla en un sartén grande a fuego medio, luego coloca los filetes de pescado, añade el jugo de limón y tápalo. Deja que cocine a fuego lento por aproximadamente unos 5 minutos o hasta que esté listo. Una vez ya esté listo, sazona con la sal, la pimienta y el perejil. Sírvelo caliente acompañado con espárragos o verduras de tu elección.

Ability 1st Utah Staff

Sandra M. Curcio
Executive Director

Jhilma Miranda - Supervisor
Independent Living Specialists

Brittany Adams
Deon Anderson
Wendy Hansen

Quince Van Orden (Youth)

Janine Culver-Ticket to Work

Becky Halliday- Accountant
Cristina Pitts-Outreach Coord.


Adam Rowe-AT Coord.

Kathy Tucker-Loan Bank Coord./Van Driver
Bryce Harper-AT Coord./Van Driver Assistant

Receptionists

Wanda Lassen (AM)
Cassandra Gonzalez (PM)

For more information visit our
website: www.ability1stutah.org

Follow us on: 

Call us: 801.373.5044

Visit us at:

491 N Freedom Blvd. Provo UT 84601

LOOK what YOU ARE missing...

Watercolor classes at our Center, in Ephraim, are the greatest! Consumers are taught the techniques to help them improve their paintings and create masterpieces!!! Wendy Hansen, along with her consumers, is having fun learning how to paint in watercolors...



Wendy Hansen-Watercolor

Return Service Requested

Ability 1st Utah

Promoting Independence for People with Disabilities

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www.ability1stutah.org

Vision~

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