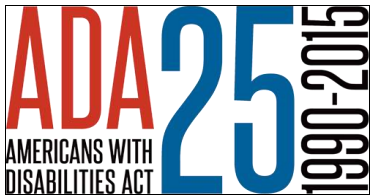


# Ability 1<sup>st</sup> Utah

## A VOICE OF OUR OWN

JULY- AUGUST 2015

## Anniversary Celebration!



The Americans with Disabilities Act (ADA) will turn twenty-five on July 26, 2015. And a big anniversary deserves a BIG celebration!



The ADA Anniversary is a time that we can reflect positively on a law that has made a great impact on the lives of people with disabilities and our country over the past 25 years.

When President Bush signed the Americans with Disabilities Act into law — the world's first comprehensive civil rights law for people with disabilities — in front of 3,000 people on the White House lawn on July 26, 1990, the event represented an historical benchmark and a milestone in America's commitment to full and equal opportunity for all of its citizens.

On the 25th anniversary of the Americans with Disabilities Act, Ability 1<sup>st</sup> Utah will celebrate and recognize the progress that has been made by reaffirming the principles of equality and inclusion and recommitting our efforts to reach full ADA compliance.

*"...every man, woman, and child with a disability can now pass through once-closed doors into a bright new era of equality, independence, and freedom."*

*George H. W. Bush - 1990*



## ADA Activities

Ability 1<sup>st</sup> Utah celebrates and promotes this landmark legislation in many ways...

**August 13 - Picnic:**

*Activities that showcase your talents!*

**September 19- Race:**

*History of the ADA Exhibit*

**September 28-October 2-UVU:**

*A week long celebration! More details coming!*

### In this issue:

- Youth Korner P.2
- Ability 1<sup>st</sup> News P.3
- Calendar P.4
- Calendar P.5
- Juab & Sanpete P.6
- En español P.7
- Your Story P.8



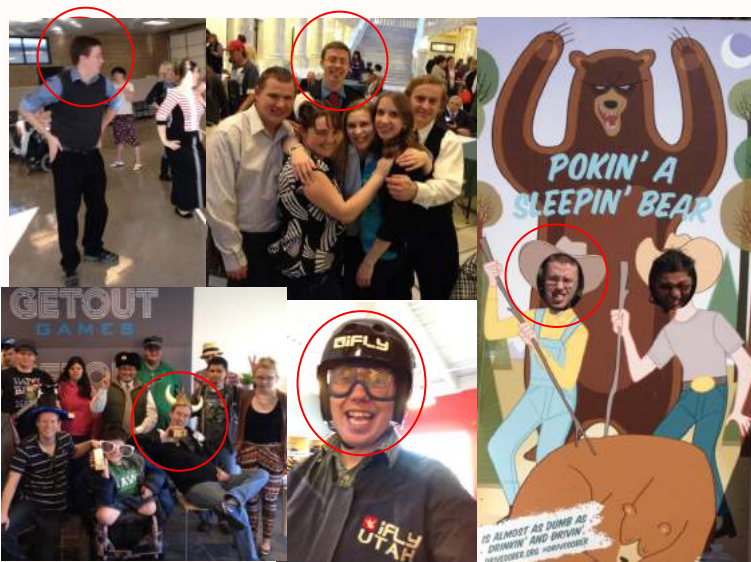
## July 2015

The Summer Program is going great. Important reminder: we do not provide a lunch for the activities and some places do not have "in site" food services.

Also please call or text my cell phone if you will be missing the activity. I tend to get stressed waiting or expecting the youth to come and then find out they aren't interested. It is valuable time for our drivers too.

July will be a full month of great activities and learning experiences. The first 2 weeks in August will be for recruiting youth to our programs and for our current youth who needs to set new goals. So be prepared for a call from me if you had set goals with my predecessor, Susan, and haven't set any new ones with me.

If you need more personal attention feel free to call and set an appointment. Let reach our goals. It is never too late.



? WHO IS THIS GUY?

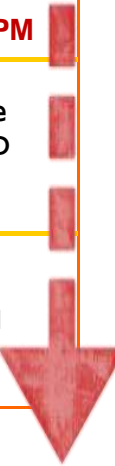
Please if you know him let us know, he is having waaaay too much fun!

Cell: (385) 375-1370  
Quince@abilityfirstutah.org

Tuesdays	Wednesdays	Thursdays
	1 Interviewing 4-5:30 PM	2 Movie and Lunch 11:00 AM 2:00PM
7 Aviary 11-2:30 PM	8 Grooming and Hygiene 4-5:30 PM	9 Possibly Get out Games or other Activity. 11-1
14 Board Games Cooking Lesson 11:00 AM 1:30 PM	15 Grocery Shopping 4-5:30 PM	16 Wii—U Cooking Lesson 11:00 AM 1:30 PM
21 Bowling Meet at 11:00 AM at the Center	22 UTA Bus Training. Bring Bus Pass or \$2.50 4-5:30 PM	23 Planetarium Meet at 11:00 AM at the Center
28 Provo Rec or a Water Park 9:00 AM 3:00 PM	29 MATC Tech College (Time not set)	30 End of Summer at Ability 1st 11:00 AM 2:00PM

## August 2015

Tuesdays	Wednesdays	Thursdays
4 NO CLASS	5 NO CLASS	6 NO CLASS
11 NO CLASS	12 NO CLASS	13 <b>Consumer Picnic Day</b> 5:00-7:00 PM
18 NO CLASS	19 Dollar Movie Theater TBD	20 Dollar Movie Theater TBD
25 NO CLASS	26 Advocacy for Better Drivers Ed 4-5:30 PM	27 IL Skills 12-2:00 PM



The youth is invited to this activity!!!  
Find us at the Senior Pavilion at City Center Park  
300 E Center St., Orem ~ Hamburgers & more!

# Ability 1<sup>st</sup> Utah Employment Services



## YOU CAN WORK!

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.

- ◆ Deposit your "Ticket" with Ability 1<sup>st</sup> Utah Employment Services to receive up to 60 months of employment assistance at NO CHARGE.
- ◆ You can get training, get a job, change a job, advance your career while knowing how and if it will affect your benefits.

## HOW DO I START?

### Your Key to Success:

Contact ABILITY 1ST UTAH Employment Network to talk about your job goals, share your ideas, and learn about your benefits options. They will guide you to the resources and supports you need to work.

New opportunities...the choice is yours!  
Call Janine Culver,  
Employment Services  
Coordinator at 801.850.5560

## We are off and running...

Ability 1<sup>st</sup> Utah is celebrating its 13<sup>th</sup> Annual Race, September 19, 2015, but to make it an amazing race we need more supporters and volunteers!

We are looking at having 200 participants for this year's race; we are going to need you. We cannot reach this goal without you!

Please pitch in. Opportunities are numerous; before the race, during the race, and after the race! Lend us a hand with the race advertisement by passing the word around, by taking flyers to businesses, and by displaying banners or signs in your yard. Every little bit helps!

Remember you can participate in the race. You can run, walk or roll (wheelchairs or handcycles). The whole family can take part. We always have great prizes!

This year we are celebrating the Americans with Disability Act (ADA) and we are planning exhibitions to highlight stories and talents from people with disability! Please be part of our festivities.

Let us know how you can help!!!

Call our Center at 801.373.5044



# July 2015

Mon

Tue

Wed

Thu

Fri

		1 People First 11:00 AM 1:00 PM	2	3 OFFICE CLOSED 
6	7 Healthy Relationship Class 12:00-2:00 PM	8 Shopping 11:30 AM 2:00PM	9	10
13	14 	15 <b>CAMPING TIME!</b>	16	17
20	21 Anxiety Coping Methods Class 12:00-2:00 PM	22 Bridal Veil Fall Fieldtrip 11:30 AM 2:00PM	23	24 THE 24 DAYS OF 47 OFFICE CELEBRATING UTAH CLOSED
27	28 Budgeting Class 12:00-2:00 PM	29 Tie Dye T-shirts Class 12:00-2:00 PM	30	31

## STARVATION STATE PARK CAMPOUT...

### 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:

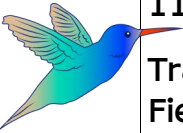

- |                      |               |
|----------------------|---------------|
| Shorts               | Personal tent |
| Games to share       | Snacks        |
| Hat and sunglasses   | Bathing Suit  |
| Water bottle/canteen | Folding chair |
| Extra Blanket        | Camera        |
| Gloves   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



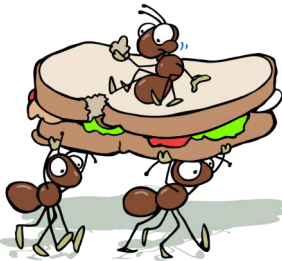
**Be prepared!!!**  
Please bring sunscreen and leave valuables and breakable items at home.  
Call Brittany for more information:  
**801.373.5044**



# August 2015

Mon	Tue	Wed	Thu	Fri
3	4 Shopping 11:30 AM 2:00PM	5 People First 11:00 AM 1:00 PM	6	7
10 	11 Tracy Aviary Fieldtrip 12:00-2:00 PM	12	13 Center's PICNIC 5-7:00 PM	14
17	18 Cooking Class 12:00-2:00 PM	19 UTA Training 10:00 AM-4:00 PM Be independent... Learn to ride the bus!!!	20 	21
24	25 Sundance Fieldtrip 11:00 AM 2:00 PM	26 Provo Rec Center Fieldtrip 11:00 AM 2:00 PM	27	28
31				

***Picnic time is here!***



**Thursday, August 13, 2015**

**5:00 - 7:00 PM**

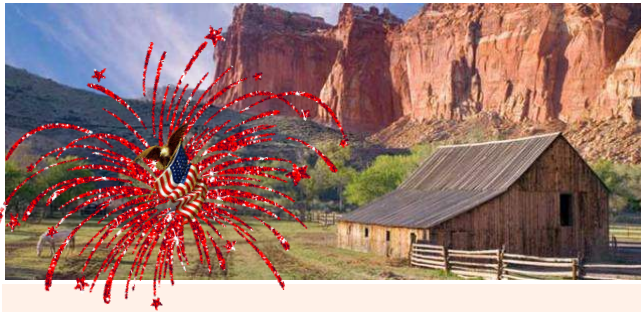
**Orem City Center Park (Senior Pavilion)**

**100 N 300 E, Orem**

Please save the date for this activity. We are grateful and want to extend a hearty "THANK YOU" for giving the center the opportunity to assist you with your needs! This picnic will be a chance for all of us to come together and mingle with the like-minded people that are a part of the Ability 1<sup>st</sup> Utah community.

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 Brittany at 801.373.5044 to save a seat on the bus. Like always...first come, first served!

***Connect with Ability 1<sup>st</sup> Utah family and have fun!***



**JUAB & SANPETE COUNTIES**

**IT IS CAMPING TIME AGAIN...**

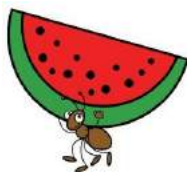


We sent you a spoiler alert in a previous newsletter that we will be camping, July 14-15-16, at Starvation Reservoir in Duchesne County this year. Yes, other centers from Salt Lake City and Price, will be joining us. If you want to go camping please let me know as soon as possible.

We need to get a count for food shopping, etc. Be prepared, we are spending two nights. If you have a tent bring it, also bring along anything extra (within reason) that will make you comfortable. Remember to bring your medications.

You can also bring your fishing pole, bait, tackle, etc. if you want to fish. I will be taking consumers from the branch office and we will be meeting the others at the Provo Office and travelling to Starvation from there.

**AND PICNIC TIME...**





Come and join us for this great "THANK YOU" BBQ! We will be getting together with Utah County consumers in Orem. August 13 from 5-7:00 PM.

**Call for a ride**

**July 2015**

Tuesday	Wednesday	Thursday	Friday
	1 OFFICE CLOSED	2 OFFICE CLOSED	3 OFFICE CLOSED 
7 Shopping 11:00 AM	8 Food Bank 12:30 PM	9	10
14 CAMPING	15 CAMPING 	16 CAMPING	17
21 Shopping 11:00 AM	22 Food Bank 12:30 PM	23 	24 Pioneer Day OFFICE CLOSED
28	29 Movie in the Park 8:30 PM	30	31

**August 2015**

Tuesday	Wednesday	Thursday	Friday
4 Shopping 11:00 AM	5 Food Bank 12:30 PM	6	7
11	12 	13 Center's Picnic 5-7:00 PM	14
18 Shopping 11:00 AM	19 Food Bank	20	21
25	26 Movie in the Park 8:30 PM	27 	28



# El rinconcito

El portador de su voz

Llegó  
el verano!!!

Vamos a acampar en Starvation Reservoir en Duchesne County ¡Reserven un lugar lo mas pronto posible, llamando a Brittany, antes de que no haya mas cupo! Por favor vean la lista en la página 4 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 Brittany.



Julio

14-15-16

No se olviden del protector  
para el sol!!!

**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 limitado para aquellos que no pueden asistir de otra forma. Por favor de llamarnos si es que van a necesitar transportación.



## Sabían?

**Este año estamos celebrando los 25 años de la creación del Acta para Americanos con Desehabilidades**

La Vida Independiente es una filosofía y un movimiento de las personas con discapacidad que trabajan para su auto determinación, igualdad de oportunidades y respeto personal. Para este fin, necesitan apoyarse y aprender unos de otros, organizarse y trabajar por los cambios políticos que llevan a la protección legal de sus derechos humanos y civiles. Aunque en Estados Unidos se ha aprobado la legislación de mayor alcance en derechos para las personas con discapacidad, la realidad es que la mayoría de la población con discapacidad no se siente beneficiada. Debido a que se les a dicho que no pueden hacer mucho por ustedes mismos, han dependido de otras personas para pelear su causa. Por eso necesitamos que sepan abogar por si mismo y que participen en actividades donde vamos al Capitolio y hablamos con los legisladores. Aboguen por usted y únase a la batalla!

## Ability 1<sup>st</sup> 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](http://www.ability1stutah.org)

Follow us on: 

Call us: 801.373.5044

Visit us at:

491 N Freedom Blvd. Provo UT 84601

*Return Service Requested*

expand opportunities and

# PLEDGE ON!

Commit for **another 25 years...and Beyond!**

[ADAanniversary.org](http://ADAanniversary.org)



**Celebrating 25 years (1990-2015)  
Americans with Disabilities Act (ADA)**

**Go to this website and pledge!!!  
[www.anniversary.org/pledge](http://www.anniversary.org/pledge)**

**Become a part of the nationwide celebration  
and recommitment to the ADA**

Let's get 25,000 signatures for the 25th ADA Anniversary.

Promoting Independence for People with Disabilities

# Ability 1<sup>st</sup> Utah

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

*Vision~*

[www.ability1stutah.org](http://www.ability1stutah.org)

Fax: 801-373-5094

Phone: 801-373-5044

Provo Utah, 84601

491 N. Freedom Blvd.