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 1st 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 1st 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 1st News P.3
- Calendar P.4
- Calendar P.5
- Juab & Sanpete P.6
- En español P.7
- Your Story P.8
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.

### July 2015

<table>
<thead>
<tr>
<th>Tuesdays</th>
<th>Wednesdays</th>
<th>Thursdays</th>
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<tbody>
<tr>
<td>1</td>
<td>Interviewing 4-5:30 PM</td>
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<td>7</td>
<td>Aviary 11-2:30 PM</td>
<td>8</td>
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<td>14</td>
<td>Board Games Cooking Lesson</td>
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<td>21</td>
<td>Bowling Meet at 11:00 AM at</td>
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<td>28</td>
<td>Provo Rec or a Water Park</td>
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### August 2015

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<tr>
<th>Tuesdays</th>
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<td>26</td>
<td>Advocacy for Better Drivers</td>
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The youth is invited to this activity!!! Find us at the Senior Pavilion at City Center Park 300 E Center St., Orem ~ Hamburgers & more!
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 1st 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 1st Utah is celebrating its 13th 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
Ability 1st Utah ~ Promoting Independence for People with Disabilities ~ Calendar

July 2015

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<td>People First</td>
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<td>Healthy Relationship</td>
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<td></td>
<td></td>
<td>Class 12:00-2:00 PM</td>
<td>Shopping 11:30 AM</td>
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<td>Anxiety Coping Methods</td>
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<td>17</td>
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<td></td>
<td></td>
<td>12:00-2:00 PM</td>
<td>Bridal Veil Fall Fieldtrip 11:30 AM</td>
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<td>27</td>
<td>28</td>
<td>Budgeting Class 12:00-2:00 PM</td>
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<td>Tie Dye T-shirts Class</td>
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<td>28</td>
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<td>12:00-2:00 PM</td>
<td>31</td>
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CAMPING TIME!

STAVATION STATE PARK CAMPOUT...

**Required Items:**
- Sleeping Pad and sleeping bag
- Blanket and Pillow
- Personal hygiene items
- Medication (for 3 days)
- Long sleeved shirt
- Short sleeved shirt
- Long pants
- Mosquito Repellant
- Extra Clothing (for 3 days)
- Coat or jacket
- Underwear and Socks
- Rain gear
- Sturdy Shoes
- Sandals
- Sunscreen
- Flashlight

**Optional Items:**
- Shorts
- Games to share
- Hat and sunglasses
- Water bottle/canteen
- Extra Blanket
- Personal tent
- Snacks
- Bathing Suit
- Folding chair
- 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

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

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**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 1st 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 1st Utah family and have fun!*
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.
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 del nuestros ómnibus es limitado para aquellos que no pueden asistir de otra forma. Por favor llámanos si es que van a necesitar transportación.

Sabían?
Este año estamos celebrando los 25 años de la creación del Acta para Americanos con Deshabilidades

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 sí mismo y que participen en actividades donde vamos al Capitolio y hablamos con los legisladores. Abogue por usted y únase a la batalla!
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: Facebook
Call us: 801.373.5044
Visit us at: 491 N Freedom Blvd. Provo UT 84601

Celebrate 25 years (1990-2015)
Americans with Disabilities Act (ADA)
Go to this website and pledge!!!
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.

Ability 1st Utah
Promoting Independence for People with Disabilities
491 N. Freedom Blvd.
Provo, Utah, 84601
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Fax: 801-373-5094
www.ability1stutah.org