Last call to ACTION!!!

SATURDAY, SEPTEMBER 19
10K - 5K Race
Place:
2225 West 620 North ~ Provo, UT

Ability 1st Utah is celebrating its 13th Annual 10K-5K 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 hand-cycles). The whole family can take part. We always have great prizes!

Let us know how you can help!!!
Call our Center at 801.373.5044

Share Your ADA25 Story

How are you celebrating the 25th anniversary of the ADA? What does the ADA mean to you? Were you born before or after 1990? What difference does the ADA make in your life? Share your story!

One of the ways we are raising awareness about and celebrating ADA25 is through your story. We are gathering your responses to, "Because of the ADA . . ." so just let us know your story and we will publish it in our coming newsletters.

ABILITY 1ST UTAH WILL BE PART OF UVU’S CELEBRATION OF THE 25TH ADA ANNIVERSARY—BE A PART OF THE FESTIVITIES!!!
SEPTEMBER 28TH—OCTOBER 2ND, 2015
Hey Youth! I hope you had as much fun as I did this summer. It was a blast and we got a few more than last year. I’m hoping next summer we can fill up both buses. (Fingers Crossed)

As you see our calendar expanded. I talked with East Bay Post High (EBPH) and created 2 new classes. One on Wednesday from 10-11 (which will be at our office) and one on Friday 8-9 which will be at EBPH. There is a 3 more potential classes that may have started up by the time each of you get this. I hope to have a class at both of the ATECs and one with youth who work with ASPIRE.

The State Fair and a Real’s Soccer game are coming up. You need to call and reserve a spot. We will have one bus for youth and the other is for adults.

Now is the time to set new goals for the up coming year. So I can guide our classes and make sure everyone is being taught according to those goals.

Let’s make this a fantastic year. If you are in need of personal classes. I now have my own office all to myself and we can have better and more personal lessons according to your goals. I look forward to seeing many of you again and meeting new youth too.

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

**September 2015**

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Leading a Long and Healthy Life

Although people with disabilities sometimes have a harder time getting and staying healthy than people without disabilities, there are things we can all do to get and stay healthy.

Tips for leading a long and healthy life:
- Be physically active every day.
- Eat healthy foods in healthy portions.
- Don't get too much sun.
- Get regular checkups.
- Don't smoke.
- Use medicines wisely.
- If you drink alcoholic beverages, drink in moderation.
- Get help for substance abuse. Stay in touch with family and friends.
- If you need help, talk with your health care professional.

According to the US Census Bureau 2012, swimming is among the top five popular sports activities in the United States and a great way for people to have an aerobic activity. Individuals with disabilities can get more health benefits by being physically active. Although everyone is unique, people with disabilities are limited in opportunities to be as physically active as people without a disability. A sedentary lifestyle can expose anyone to a greater risk of certain health conditions such as Type 2 diabetes, obesity, or high blood pressure. This means that for people with disability, it’s important to be as physically active as possible. It’s crucial to look for ways to overcome any barriers that you are likely to face as you try to become more physically active.

By just dedicating about three hours every week for swimming, you could drastically reduce your chances of secondary health conditions. People who swim have a better chance of improving their health when compared to people who are inactive. Further, swimmers with limited mobility enjoy swimming than exercising on land as they are able to exercise longer in the water without putting strain on their muscles or joints. For families that don’t have easy access to public pools, you can consider building an in-ground pool or simply install an above the ground pool that fit you needs.
### September 2015

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**Summer Wrap-up Read-a-Thon**

Reading for pleasure enriches lives. Those who read for pleasure are more like to flourish academically, socially, emotionally and career-wise.

A read-a-thon, for those of you that might be confused, is an event, usually with a time limit, where you set a certain goal you would like to reach. The goal of read-a-therons is to help you read more during that time period than you would any other time.

Ability 1st Utah will like to invite you to take part in this activity on Tuesday, September 1st. If you are behind in your readings, this will be a great time to catch up!

Sooooo...dust off your books, tablets, or e-readers and grab a snack because it's time to read!!!!

*Good friends, good books, and a sleepy conscience: this is the ideal life ~Mark Twain*
6 Ways to Stay on a Budget...

1. Come up with a weekly budget and commit to sticking to it no matter what.
2. Only shop once a week, and do not make exceptions to this rule. This will save you so much money!
3. Don’t buy something just because it’s on sale. Browse grocery ads in advance if you like to shop sales. Factor the sale items you actually need into your budget, and add them to your grocery list.
4. Create a meal plan before you head to the grocery store. Make sure all the items you need for the meals on your plan are included in your shopping list. Planning ahead makes all the difference. Do not deviate from your shopping list. This helps ensure that you have what you need, but that you DO NOT have extra things that you don’t really need.
5. Create a meal plan before you head to the grocery store. Make sure all the items you need for the meals on your plan are included in your shopping list.
6. For the most part, you can skip the inner aisles of your local grocery store and stick to the perimeter. This saves time, money, and your healthy diet!
SEPTEMBER 2015

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October 2015

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SHOPPING 10:30 AM

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SHOPPING 10:30 AM

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THIS IS THE PLACE HERITAGE PARK - SEPTEMBER 24TH
Step back in time and experience the FUN of the Old West. Visit the historic Village, ride trains and ponies, and play in the splash park!
REMEMBER...If you plan on going to this activity, you will need to bring lunch or money to purchase food.

FALL WATERCOLOR CLASS
This class will be open first to those who participated in the class series. If you would like to go, please contact me and I will put your name on the list. You may want to paint something away from where the picnic tables are, so if you can, please bring a chair to sit.

YUMMM...YUM...YUM... HALLOWEEN PARTY
If you want, you can come dress up in costumes, but please NO masks! Party starts at noon!
Carrera de 5K & 10K

¡Vamos a necesitar su ayuda!!! Queremos que muchos de ustedes participen en la carrera, pero también queremos que sean voluntarios. Hay muchas oportunidades para ayudarnos...antes, durante y después de la carrera. Pueden anunciar la carrera cuando hablen con su familia y amigos. Pueden pasar volantes a los negocios donde ustedes van a hacer compras, o pueden poner carteles en el frente de su casa (si es permitido). ¡Cualquier ayuda será aceptada!

¡Apunten el día en sus almanaques!!! Septiembre 19 es el día de la carrera, pero recuerden que necesitamos su ayuda desde ahora!!!

Llaman al Centro para saber los detalles. 801.373.5044

Creando conciencia por la diversidad y un mundo inclusivo

- Demos importancia a la persona y no a su discapacidad.
- Quitemos de nuestra mente los prototipos que parecen indicar que las personas con discapacidades sólo sirven para la limosna.
- No hagamos que la persona se sienta limitada debido a su discapacidad.
- Refirámonos a la discapacidad de la persona solamente cuando sea necesario.
- Destaquemos las “similaridades” y no las “diferencias” entre una persona con discapacidad y otra que no la tenga.
- Evitemos nombres despectivos como “chueco”, “mongólico”, “tarado”, etc. Y llamemos a la persona por su nombre.
- Respetemos los espacios marcados especialmente para ellos.
- Evitemos sobreprotegerlas; evitemos descuidarlas.

Tomado, revisado y ampliado de: La Guía Para Ambientes y Comunidades Accesibles

Queridos consumidores, tomo esta oportunidad para decirles que después de nueve años en el servicio de las redes de Ability 1st Utah, es hora de despedirme. Muchas gracias por sus amabilidad y por participar en las actividades y clases. Ahora es mi tiempo de caminar otros senderos, viajaré a mi país y descansaré mentalmente y físicamente!

Cariños
Cristina Pitts
IN MEMORY...Brent Wyatt

Every goodbye is the birth of a memory. - Dutch Proverb

Ability 1st Utah Staff
Sandra M. Curcio  Executive Director
Jhilma Miranda - Supervisor
Independent Living Specialists
Deon Anderson
Wendy Hansen
Quince Van Orden (Youth)
Janine Culver-Ticket to Work
Becky Halliday - Accountant
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

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