



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!

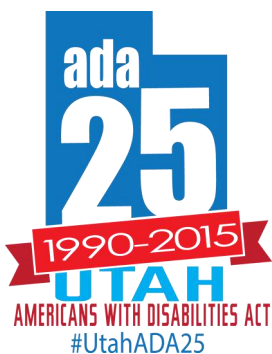
We are looking at having 200 participants for this year's race; we are going to need you. We cannot reach this goal without you!

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

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YOUTH VORTEX

September 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
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Quince@abilityfirstutah.org

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Nebo 12-1 Goals Setting	2 EBPH 10-11 After School 4-5:30 PM	3 Healthy Relationships 12-2:00 PM	4 EBPH 8-9:00 AM
7 LABOR DAY OFFICE CLOSED	8 Nebo 12-1 Communication	9 EBPH 10-11 After School 4-5:30 PM	10 Communication 12-2:00 PM	11 EBPH 8-9:00 AM
14	15 Nebo 12-1 Hygiene	16 No Class State Fair— Limited Spots Call for one!	17 Grooming and Hygiene 12-2:00 PM	18 EBPH 8-9:00 AM
21	22 Nebo 12-1 Grooming	23 EBPH 10-11 After School 4-5:30 PM	24 Advocacy 12-2:00 PM	25 EBPH 8-9:00 AM
28	29 Nebo 12-1 Cooking	30 EBPH 10-11 After School 4-5:30 PM		

October 2015

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Healthy Relationships 12-2:00 PM	2 EBPH 8-9:00 AM
5	6 Nebo 12-1 Budgeting	7 EBPH 10-11 After School 4-5:30 PM	8 Peer Support 12-2:00 PM	9 EBPH 8-9:00 AM
12	13 Nebo 12-1 Resume Writing	14 Real SL Soccer Limited Spots Call for one! (PM activity)	15 Self Determination 12-2 :00 PM	16 EBPH 8-9:00 AM
19	20 Nebo 12-1 Interviewing Skills	21 EBPH 10-11 After School 4-5:30 PM	22 Goal Setting 12-2 :00 PM	23 EBPH 8-9:00 AM
26	27 Nebo 12-1 Job Training	28 EBPH 10-11 After School 4-5:30 PM	29 Halloween Party -Come Dressed up 12-3:00 PM	30 EBPH 8-9:00 AM

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.



BENEFITS OF SWIMMING FOR PEOPLE WITH DISABILITIES



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

Mon	Tue	Wed	Thu	Fri
	1  12:00-2:00 PM	2 PEOPLE FIRST MEETING 11:00-1:00 PM	3	4
7 LABOR DAY OFFICE CLOSED	8 SHOPPING 11:00-2:00 PM	9 BOWLING 12:00-2:00 PM	10	11
14	15 COOKING CLASS (BANANA BREAD) 12:00-2:00 PM	16 BINGO! 12:00-2:00 PM	17 	18
21	22 COMPUTER CLASS 12:00-2:00 PM	23 HILL AIR FORCE BASE 10:00-4:00 PM	24	25
28	28 SELF-ESTEEM LESSON 12:00-2:00 PM	30 ARTS & CRAFTS DAY! 12:00-2:00 PM		



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-thons 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!

Sooooooo...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

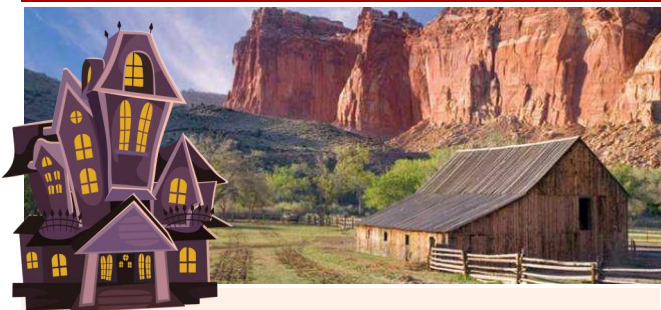
October 2015

Mon	Tue	Wed	Thu	Fri
			1	2
5 	6 SHOPPING 11:00-2:00 PM	7 PEOPLE FIRST MEETING 11:00-1:00 PM	8	9
12	13 Wii GAMES 12:00-2:00 PM (Just Dance, Table Tennis, Bowling)	14 COOKING CLASS (CARAMEL APPLES) 12:00-2:00 PM	15 	16
19	20 RED BARN FARM TOUR 11:00-2:00 PM	21 CONFLICT RESOLUTION & COOPERATION LESSON 12:00-2:00 PM	22	23
26	27 BOARD GAMES 12:00-2:00 PM	28  HAPPY HALLOWEEN PARTY 2:00-4:00 PM	29	30

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!





JUAB & SANPETE COUNTIES



EPHRAIM BRANCH OFFICE WILL BE CLOSED FROM SEPTEMBER 4TH THROUGH SEPTEMBER 8TH



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!

September 2015

Tuesday	Wednesday	Thursday	Friday
1 SHOPPING 10:30 AM	2 FOOD BANK 11:30 AM	3	4 BRANCH OFFICE CLOSED
8 BRANCH OFFICE CLOSED	9	10 	11
15 SHOPPING 10:30 AM	16 FOOD BANK 11:30 AM		18
22	23	24 FIELD TRIP THIS IS THE PLACE STATE PARK 8:00 AM	25
29	30		

October 2015

Tuesday	Wednesday	Thursday	Friday
		1 FALL WATER-COLOR CLASS PICNIC AT LAKE HILL 10:00 AM	2
6 SHOPPING 10:30 AM	7 FOOD BANK 11:30 AM	8	9
13	14	15	16
20 SHOPPING 10:30 AM	21 FOOD BANK 11:30 AM	22	23
27	28	29	30 HALLOWEEN & PIZZA PARTY AT THE OFFICE Noon!!! 

El rinconcito

El portador de su voz



SEPTIEMBRE 19...

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!!!

Llamen al Centro para saber los detalles.
801.373.5044



FIESTA DE HALLOWEEN

MIÉRCOLES, octubre 28

Biblioteca de Provo

Hora: 2:00 PM

Tengan sus disfraces listos y prepárense para divertirse!

Por favor

NO MASCARAS/SERVIREMOS COMIDA

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 “similitudes” y no las “diferencias” entre una persona con discapacidad y otra que no la tenga.
- ◆ Evitemos nombres despreciativos 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 amabilidades 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



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:

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IN MEMORY...Brent Wyatt

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



Return Service Requested

Ability 1st Utah

Promoting Independence for People with Disabilities

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Vision~

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