

# Ability 1st Utah

## Legislative Advocacy 2016

Hello everyone, it was so nice to see so many of you at our annual Christmas Party in December, a good time was had by all of those that were able to attend. I would like to express my gratitude to all of you who have continued to support the center throughout our 15 years of service. As we move into the New Year it will bring many opportunities to get involved with different trainings, Independent Living classes that will increase self-sufficiency & Community Integration activities to increase social participation as well as a time to celebrate 15 years in business. Two very important Legislative Advocacy trainings are coming up in the New Year. On January 13th The Statewide Independent Living Council is sponsoring a Legislative Advocacy training at the State Capitol from 10:00 a.m. to 2:00 p.m. The center will provide transportation and lunch will be provided. Also on January 28<sup>th</sup> the Legislative Coalition for People with Disabilities is sponsoring a Legislative Reception from 4:30 p.m. to 6:30 p.m. This will be a great opportunity to personally meet with your State Representatives & Senators to discuss important issues that affect individuals with disabilities. The Center will also provide transportation to and from this event. Also the Center's for Independent Living will be presenting an Independent Living building block request for FY17 during the 2016 Legislative Session. The building block will be for \$300,000 which will be divided, per formula, amongst the six Independent Living Programs. We will also be presenting a building block for Assistive Technology in the amount of \$700,000 (\$200,000 on-going funding and \$500,000 one-time funding) to assist individuals with disabilities to live more independently in their home and communities. Please do not hesitate to let us know if you would like to get involved in any of the activities listed above.

I wish you all the very best for this New Year.

By: Sandra M. Curcio  
Executive Director Ability 1<sup>st</sup> Utah



"Take the first step in faith.  
You don't have to see the  
whole staircase, just take  
the first step."

Martin Luther King Jr

Watch for our March Calendar, we will be announcing when we will be hosting our Open House to celebrate 15 years in service, We hope that you can come and help us celebrate.

### Disability Awareness class

We are starting a new class for the new year focusing on different disabilities. We would love to have the experts help teach. Please give if you would like to help others understand

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# YOUTH VORTEX

## January 2016

Hey Youth! What a great Holiday Season! Some excellent activities, and great skills we learned in our classes.

As you may notice our classes have changed. We have expanded our Thursday class to two classes and moved our East Bay Post High class to Tuesday morning.

The first two weeks or so will be weird because I will be in Bolivia. Bryce Harper will be teaching Nebo and East Bay Post high and there is an opportunity for a Dance in Salt Lake City with the other Independent Living Centers. You need to call in advance to have a seat for the Dance.

We also have a special opportunity for SPY Hop in Salt Lake City. I will ask students who I know participate in class and actively come to classes. There are only 10-12 spots open.

At the end of December one of my youth introduced us to a cool craft activity involving plastic beads we could melt together. If you have any other great ideas please share them so that we may enjoy as well.

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

Monday	Tuesday	Wednesday	Thursday
4	5 EBPH 10-11 Nebo 12-1	6	10 11 Dance in SLC— Limited Seats 12-4 no class
11	12 EBPH 10-11 Nebo 12-1	13	14 15 Class 10- 11:30 and 12:-1
18 Center Closed for MLK day	19 EBPH 10-11 Nebo 12-1 Spy Hop 2-6	20	21 Class 10-11:30 and 12:-1:30
25	26 EBPH 10-11 Nebo 12-1	27	27 Class 10-11:30 and 12:-1

## February 2016

Monday	Tuesday	Wednesday	Thursday
1	2 EBPH 10-11 Nebo 12-1	3	4 Class 10-11:30 and 12:-1 Tour of Grizzlies Stadium (possibility)
8	9 EBPH 10-11  Nebo 12-1	10	11 Class 10-11:30 and 12:-1
15	16 EBPH 10-11 Nebo 12-1	17	18 Class 10-11:30 and 12:-1
22	23 EBPH 10-11 Nebo 12-1	24	25 Class 10- 11:30 and 12:-1



### *History of Valentines day*

For many people, Valentine's Day seems like another holiday that doesn't serve a religious purpose, even though it has traditional Christian and ancient Roman roots. Today, Valentine's Day is celebrated in Canada, France, the United Kingdom, the United States, Australia and Mexico and is not considered a public holiday. Originally, Valentine's Day began as an ancient Roman festival known as Lupercalia celebrating fertility.

During Lupercalia, men sacrificed goats and dogs, removed their skin and whipped the women with the bloodied hides. Romans believed that these women would become more fertile if they were beaten with these hides.

Lupercalia was later viewed as "non-Christian" and outlawed during the rise of Christianity nearing the end of the fifth century. This Pagan holiday was changed and renamed to pay respect to the Christian martyr who went by the name of Valentine.

The idea that Valentine's Day should be a day of romance arose back in the Middle Ages in England and France. The popularity of Valentine's Day rose during the 19th century with the exchange of letters. The letter showed a small amount of appreciation, love and affection no matter a person's social class.

The first valentine was sent in 1415 from Charles, Duke of Orleans, to his wife while he was imprisoned in the Tower of London after he was captured during the Battle of Agincourt. The card that Charles sent to his wife has been preserved in the British Library in London, England.

In 1969, Saint Valentine's Day was renamed and was removed from the Catholic calendar of saints. It was not until the 20th century when there was the first exchange of manufactured cards which were much cheaper and easier compared to writing out letters. Ever since, these manufactured cards have been a way of sending love and greetings on Valentine's Day.

Valentine's Day has become a commercialized success here in the United States with the exchange of chocolates, flowers, cards and jewelry. According to the 2012 Valentine's Day statistics, the average annual spending on gifts in the United States is \$13.19 billion.

### *Meet the new employees at Ability First Utah*

#### **Kathelen Kahlama Outreach coordinator**

I'm Kalama. I was born in small island town of Hoolehua on the island of Molokai one of the 8 islands that make up the Hawaii 8 island chain. I went to school bare foot till 7<sup>th</sup> grade.. Our language has 13 letters. A, e, i, o, u, h, w, k, l, p, m, n. t was used anciently instead of the k I have 5 daughters, 15 grandchildren. They are the JOY and #1 Passion of my Life. I love to write music Sing in concerts. Dancing was my profession till my accident. I love living in Provo. There is so much awesome energy here. I've met Great people like You AND my Ability 1<sup>st</sup> Staff. I am grateful for the opportunity to serve. Mahalo (Thank You)

#### **Shelly Lund Assistive Technology**

Hi, I'm Shelly I enjoy helping others and have been working with people with disabilities for the past twenty years. I am excited to be part of the team here at Ability First Utah. I am looking forward to meeting with each of you to help facilitate the process of getting the items you need to help maintain your independence.

#### **Seren Dorg Bookkeeper**

Hello My name Seren. I am a part time student at UVU, and I work at ability First as a bookkeeper. Part of a bookkeepers daily responsibilities, Update and maintain daily financial transactions into journal ledgers and insure that all transactions have been accurately reports in a timely manner. I really enjoy working at Ability First because I find great joy in helping and making a difference in peoples lives.

# January 2016



Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b>
<b>4</b> Call to RSVP	<b>5</b> Shopping	<b>6</b> People first	<b>7</b>	<b>8</b>
<b>11</b> Call to RSVP	<b>12</b> Disability aware- ness	<b>13</b> Advocacy Training at the cap- itol	<b>14</b>	<b>15</b>
<b>18</b> Martin Luther King day	<b>19</b> Basic healthy cooking	<b>20</b> Basic computer class	<b>21</b>	<b>22</b>
<b>25</b> Call to RSVP	<b>26</b> Budgeting for shopping and meal shopping	<b>27</b> Arts and crafts	<b>28</b> LCPD Reception Capitol 4:30 –6:30	<b>29</b>



First come...first served!!!

RSVP FOR ALL RIDES and Activities - Save your place on the bus by calling each Monday!

## Five New Year's Resolutions That Will Change Your Life

- 1: Smile more.** It is well known among social psychologists now that the simple act of smiling can make you happier and healthier, even if your smile is a forced one—so practice more
- 2: Maintain a health and fitness regimen.** The health impacts of regular physical exercise are widely known (and very important to your success as a leader). But, in addition to reducing stress, fighting disease and improving mood, energy and sleep, getting regular exercise and eating healthier can also make you appear to be a better leader.
- 3: Schedule personal time.** That's right, schedule your personal time. Many of us are used to scheduling, but for some reason only seem to do so in the context of work (e.g., meetings, project deadlines, etc.).
- 4. Don't commit to things you can't do.** There's quite a bit of literature out there about the *fake-it-until-you-make-it* mentality—that is, committing to things outside your comfort zone in an effort to grow and improve. But in this case, I'm referring more to those activities you just *know* you can't do.
- 5. Use your calendar.** One of the best ways to stay on top of your goals is to schedule—relentlessly.





# February 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Call to <b>RSVP</b>	<b>2</b> Transportation class UTA 	<b>3</b> People First	<b>4</b>	<b>5</b>
<b>8</b> Call to <b>RSVP</b>	<b>9</b> Shopping	<b>10</b> Disability Aware- ness Class	<b>11</b>	<b>12</b>
<b>15</b> Call to <b>RSVP</b>	<b>16</b>	<b>17</b> Relationship Building	<b>18</b>	<b>19</b>
<b>22</b> Call to RSVP	<b>23</b> Budgeting	<b>24</b> Cooking Class Crock pot cooking	<b>25</b>	<b>26</b>
<b>29</b> Call to <b>RSVP</b>	<b>30</b>			



TRANSPORTATION IS AVAILABLE WHEN WE HAVE CLASSES AT OUR OFFICE. Don't forget to call each Monday!

## STARTING AN EXERCISE ROUTINE

- ♦ **Start slow and gradually increase your activity level.** Start with an activity you enjoy, go at your own pace, and keep your goals manageable. Accomplishing even the smallest fitness goals will help you gain body confidence and keep you motivated.
- ♦ **Make exercise part of your daily life.** Plan to exercise at the same time every day and combine a variety of exercises to keep you from getting bored.
- ♦ For adults that are 65 and older or anyone with chronic conditions or limited mobility, you need the same amount of exercise as younger people—the activity can be less intense. Use good judgment—follow your doctor's advice.

## Talking to your doctor about exercise

Your doctor or physical therapist can help you find a suitable exercise routine. Ask:

- ♦ How much exercise can I do each day and each week?
- ♦ What type of exercise should I do?
- ♦ What exercises or activities should I avoid?
- ♦ Should I take medication at a certain time around my exercise routine?



Greetings and Happy New Year!

I hope you all had a wonderful holiday season!

Just some things that I wanted to go over with consumers who take advantage of our transportation services. Unfortunately we are coming into some cold months and that means getting sick. If you are ill and need to see your doctor and can not find another way to get there, you can contact us. I know that you can not plan the day that you are going to be sick but remember that it is very helpful to schedule those appointments when we are already transporting other consumers.

Also remember if you are ill, coughing sneezing, temperature, etc. Please do not come to activities. Stay home in bed and take care of yourself.

#### Chicken –noodle Frittata

1 x 75g packet 99% fat free chicken 2 minute noodles  
55g (1/3 cup) frozen peas  
1 teaspoon olive oil  
3 eggs, lightly whisked

Break the 2 minute noodles into 3cm pieces. Place in a heatproof bowl. Add the flavor sachet from the packet and frozen peas. Cover with boiling water and set aside for 2 minutes or until tender. Drain. Preheat grill on medium. Heat olive oil in a 20cm (base measurement) non-stick frying pan over medium heat. Add the noodle mixture to the pan. Pour over eggs, lightly whisked. Cook for 3 minutes or until set around the edge but still runny in the center. Place the pan under the grill and cook for 3 minutes or until set. Cut into quarters to

## March 2013

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4	5 Shopping 1:00 PM	6	7	8
11	12	13 Food Bank 12:30 PM	14	15
18	19 Shopping 01:00 PM	20	21	22
25	26	27	28	29 Food Bank 12:30 PM

## April 2013

Monday	Tuesday	Wednesday	Thursday	Friday
1	2 Shopping 1:00 PM	3	4	5
8	9	10	11	12 Food Bank 12:30
15	16 Shopping 1:00 PM	17	18-	19
22	23	24 Food Bank 12:30 PM	25	26
29	30			

Consumers served by the branch office in Manti will receive a separate MONTHLY calendar showing activities they can attend, along with the Shopping & Food Bank days. Call 435.835.4930 to request a calendar.



# El rinconcito

Portador de su voz

AÑO TRAS AÑO, MES TRAS MES,  
DÍA TRAS DÍA, HORA TRAS HORA,  
MINUTO A MINUTO, SEGUNDO A SEGUNDO  
LOS TIEMPOS CAMBIAN - EL CAMBIO ES CONSTANTE  
LE DESEAMOS EL MEJOR DE LOS TIEMPOS  
Y UN MUY FELIZ AÑO NUEVO 2016 !!!!

## Resoluciones de Año Nuevo

Ten esperanza  
Probar cosas nuevas  
Estar activo  
Ver lo bueno  
Decir "Te quiero", con más frecuencia  
Compíte contigo mismo  
Elegir ser feliz  
Disfruta el día

PERDONAR más fácilmente



Leer con más frecuencia



## ALIMENTOS IDEALES PARA EL INVIERNO

**Brócoli y hojas verdes crudas.** El primero es rico en vitamina C, en antioxidantes y muy bajo en calorías

**Tomate.** Es una excelente fuente de fibra, poseen una cantidad enorme de vitaminas, **Frutas secas.** Las **nueces** contienen mucho calcio y son ideales para mantener los huesos en buen estado.

**Frutas.** Aprovechá las frutas cítricas de esta época del año, que son ricas en vitaminas y antioxidantes. Algunos ejemplos son el kiwi, la naranja, la mandarina y el pomelo.

**Bebidas.** Conviene reducir e incluso eliminar de la dieta sustancias tóxicas y excitantes como la cafeína. También las bebidas estimulantes: excitan pero no nutren y su uso continuado produce desgaste nervioso, agotamiento y falta de adaptación al estrés. **Sopas.** Pueden ser de zanahoria, de zapallo o de cualquier verdura.

**Pescados.** Son las proteínas más aconsejadas. Se sugiere consumirlos entre 4 ó 5 veces por semana. hacerlas más nutritivas (chía para incorporar omega 3, sésamo para aportar un extra de calcio, **Huevos.** No debemos olvidarlos para completar una alimentación balanceada. Son una rica fuente de proteínas y mejor si son orgánicos. Pueden consumirse todos los días.

**Carnes.** Las rojas desgrasadas y el pollo deben completar el menú semanal.etc.) Siguiendo estos sencillos consejos podemos proveer a nuestro organismo de buenos nutrientes que nos permitan disfru-

## Spa in Casa

¿Necesitas relajarte y tienes una tarde libre? Monta tu propio spa en casa. Solamente necesitas velas, sábanas y toallas limpias, exfoliante corporal, productos faciales y lo necesario para hacerte un manicura y pedicura. Llena la tina con agua tibia y unas gotas de aceite de lavanda y relájate.

## Ve al exterior y disfruta de la naturaleza.

Una caminata o un paseo largo a solas te permite observar la naturaleza sin las distracciones; podrías sorprenderte por cuán agradable puede ser un tiempo a solas en la naturaleza.

## Ability First Staff

Sandra M. Curcio - Executive Director

Jhilma Miranda - Supervisor

Deon Anderson

Quince Vanorden

Kathy Tucker

Bryce Harper

Shelly Lund

Seren Dorj

Wendy Hansen

Wanda Woodrum

Kathelene Kalama



## Tip Center



Do you have a nasty smell coming from inside your refrigerator every time you open the door? This can be from left over food or spilled liquid that has collected somewhere inside. Simply take a small cup and fill it with apple cider vinegar, then put it in an area that it won't get knocked over inside your fridge. Each time you open your refrigerator door from that point on you are going to have a nice clean.. \* I always pour a little apple cider vinegar into my dishwasher, each time I open my dishwasher it has a nice pleasant smell. Apple cider vinegar is also good at removing soap scum helping to make your machine last a lot longer Take a little apple cider vinegar, put it into a bowl and add your gold jewelry, leave the vinegar to work its magic for 10 to 20 minutes, Once soaked take your gold back out rinse under the tap and dry with a nice micro-fiber cloth. Your gold will be glowing! \*

If you have been cooking smelly vegetables such as onions a great use for apple cider vinegar is to wash your hand using it after food prep. The vinegar will completely remove the smell from your hands. \* Dealing with mildew, we have all left something out in the garden before and upon bringing it back inside find out is covered in mildew but fear not! Simply add some apple cider vinegar to a bucket or warm water and scrub away th mildew in seconds.

*Ability First*

Providing Services for People with Disabilities

491 N. Freedom Blvd.  
Provo Utah, 84601  
Phone: 801-373-5044  
Fax: 801-373-5094  
www.abilityfirstutah.org

*Vision~*

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

*Return Service Requested*