

# Ability 1st Utah

## A VOICE OF OUR OWN

MAY-JUNE 2016

Would you like to receive the newsletter by Email? Has your address changed? Want off the mailing list? Call our office today!



**801-373-5044**

TRANSPORTATION IS  
AVAILABLE WHEN  
WE HAVE CLASSES



AT OUR  
OFFICE.

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### 2016 LEGISLATIVE WRAP UP

BY SANDRA M. CURCIO - EXECUTIVE DIRECTOR

During the 2016 Legislative session the Six Centers for Independent Living (CILs) in Utah received one-time funding of \$300,000 for the Independent Living Programs and services. This funding will be split among the six centers with an established funding formula. We also received one-time funding of \$700,000 for Assistive Technology to be used by the six centers in purchasing necessary equipment for individuals with disabilities that have exhausted all other funding resources for equipment that will assist them in remaining self-sufficient and independent. The I.L. funding received by Ability 1st Utah will go to fund our Employment Specialist program and maintain our other program services at the Center.

Ability 1st Utah would like to take this opportunity to thank the Utah State Legislators for their continued support of people with disabilities. Their hard work and dedication is truly appreciated by the Independent Living program throughout the state. We would also like to thank all of the individuals that advocated on behalf of people with disabilities and their continued support of the Independent Living program. We can't do the work alone, together we can make a difference!!!

### Happy 15 Year Anniversary to Ability 1st Utah

**Come and join us for our 15th year Anniversary Celebration!!!**

**Open House held at: Ability 1st Utah 491 North Freedom Blvd.**



**When: May 26th 2016**

**Time: 2:00 P.M. to 5:00 P.M.**

**Transportation will be provided but it's limited seating so if you would like a ride, please RSVP.**

**Food, games and prizes & much more!!!**

**Come join us in all of the fun!!**

# Youth Vortex

School year is almost finished. Let's get ready to party! Summer Program Applications are due by May 20th. You can find it online or ask me personal for it. There are only 21 spots all together for the summer program. They will fill up rapidly and we ask for a donation of \$50 dollars to help pay for the activities.

We will be having classes as well. that will be determined by those that are interested. Depending on how many students are interested, we could have 2 different classes available; one that has transportation and one where each of you are required to transport yourself to the center.

Let's make this summer great by socializing, working on our goals and being happy with whom we are. Each of you is awesome; so don't stop being awesome. If you want one on one classes, please call me.

Quince Van Orden  
Youth Program Developer  
801-373-5044  
385-375-1370



**These calendars are for the Youth Program only. For other activities, please see the main calendars.**

For the camping trip in May, each consumer is required to pay the \$18 fee

## May 2016

TUESDAY	WEDNESDAY	THURSDAY
3 EBPH: 10-11 Nebo: 12-1	4	5 Youth Class: 10-11:30 & 12-1:30
10 ←	11 Camping Trip	12 →
17 EBPH:10-11 Nebo: 12-1	18	19 Youth Class: 10-11:30 & 12-1:30
24 EBPH:10-11 Nebo: 12-1	25 Aspire 3:30- 4:30	26 Youth Class: 10-11:30 & 12-1:30
31 Summer Pro- gram Begins Picnic & Hike		

## June 2016

TUESDAY	WEDNESDAY	THURSDAY
	1	2 Nickel City
7 ←	8 Youth Conference	9 →
14 Provo Rec Center Day	15	16 Bees Game
21 Fishing Trip	22 Aspire 3:30-4:30	23 Art Festival
28 UTA trip to Salt Lake City	29 First Aid Class	30 Bowling

# MAY: MENTAL HEALTH AWARENESS MONTH

Since 1949, May has been observed as the Mental Health Month in the U.S. It was officially proclaimed by President Obama as National Mental Health Awareness Month in 2013. There are many kinds of mental issues. Some that are life long conditions such as schizophrenia, autism, and cerebral palsy, and those that can affect someone later in life like PTSD, addiction, O.C.D., or many mood disorders.

Mental issues can affect any one, no matter their age, gender, race, physical health, or living situation. From the National Alliance of Mental Illness (**nami.org**), in 2014 one in twenty-five adults were faced with a mental disorder that led to a serious impairment that interfered with one or more major parts of their life. In the same year for children between the ages of thirteen

and eighteen years old, it was one out of five that had experienced a severe mental issue in their lives.

An important matter of mental health is getting proper treatment. There's a wide range of treatment options for people to choose, from counseling with a therapist, suitable medication, going to a support group, and many other alternatives.

Without treatment for mental health. it may be more harmful than you think. Most mental issues do not just affect the mind. Studies have shown that people who are living with a serious mental condition are at an increased risk of chronic physical medical conditions. It may be hard to figure out what kind of treatment you need. If you feel you need assistance, talk to us about it and see if we can help you. You don't have go through it alone.

Rethink  
Mental  
Illness.

*"There isn't any body out there who doesn't have a mental health issue, whether it's depression, anxiety... Just know that there is help and your life could be better if you go out and seek the help."*

-Howie Mandel

## The Great Outdoors and Great Places To Visit

The summer solstice is the longest day of the year, which will be on June 20th. It is also the official start of summer. With the weather clearing up, you can start planning summer activities and going out to different places that our state has to offer:

**Utah Lake Park:** With activities to do like fishing, boating, picnicking, and camping , it's a good place to soak in some sun.

**Provo Canyon:** Not only is there a trail that takes you to Bridal Veil Falls, there are plenty of places to stop and relax with the many parks and rest areas right on the side of the river.





For the weekend getaways, southern Utah has the national parks of Moab and Zion that are always good places to go see. You can also visit **[www.stateparks.utah.gov](http://www.stateparks.utah.gov)** to find more locations.





(Class Times May Vary)

**May 2016** 

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2 CALL TO RSVP FOR CLASSES</b>	<b>3 Shopping</b> 	<b>4 People First 11-1</b> 	<b>5 Cinco De Mayo!</b> 	<b>6 Trails Day!</b> 
<b>9 No Classes This Week</b>	<b>10 Camping-Green River, UT</b> (Consumer required to pay \$18 fee)	<b>11 Camping-Green River, UT</b>	<b>12 Camping-Green River, UT</b>	<b>13</b>
<b>16 CALL TO RSVP FOR CLASSES</b>	<b>17 Disability Awareness 12-2</b>	<b>18 Growing Your Own Garden! 12-2</b> 	<b>19</b>	<b>20</b>
<b>23 CALL TO RSVP FOR CLASSES</b>	<b>24 Emergency Preparedness</b>	<b>25</b>	<b>26 Ability 1st Open House! 2-5 PM</b>	<b>27</b>
<b>30 Memorial Day!</b> Office Closed 	<b>31 Cooking 12-2</b> 	<i>All that I am, or hope to be, I owe to my angel mother. -Abraham Lincoln</i>  <i>Mother's Day: Sunday, May 8th</i>		

## Risks of Living with Mold

Mold is fungi that grows both inside and outdoors. On an average day, everyone can be exposed to small amounts of mold in the air and that is harmless. However, if mold starts to grow in a confined area such as a home, it can create various problems to your health. Medical issues related to mold growth indoors can range from irritation of the skin/eyes and coughing to asthma attacks and respiratory issues. People with breathing issues, elderly, and children are at a higher risk of having these problems and more. People with lung conditions or weakened immune systems have been shown to develop mold infections in their bodies.

The best conditions for mold to grow are in moist, dark, warm places, which is why the more at

risk areas in your house are the bathrooms, kitchen, and basements, as well as carpets, rugs, and upholstery if they don't dry out properly. Here are some ways to prevent mold from growing:

**\*Use a dehumidifier in the muggy time of the year. \*Use mold killing cleaning products. \*Use exhaust fans while cooking. \*Close up leaks around the house. \*Avoid leaving damp clothes and towels on the floor or laundry hampers longer than necessary.\***

If you have mold, use gloves, protective eye wear, and face masks when removing it. If you want to know more, you can visit the website for the Center for Disease Control at [www.cdc.gov](http://www.cdc.gov) or the website for the Environmental Protection Agency at [www.epa.gov](http://www.epa.gov)

(Class Times May Vary)

# June 2016



Monday	Tuesday	Wednesday	Thursday	Friday
The greatest mark of a father is how he treats his children when no one is looking –Dan Pearce		1 People First 11-1 	2	3
Father's Day: Sunday, June 19th				
6 CALL TO RSVP FOR CLASSES	7 Arts & Crafts 12-2 	8 Computer 12-2	9	10
13 CALL TO RSVP FOR CLASSES	14 Shopping  Flag Day!	15 Disability Awareness 12-2	16	17
20 CALL TO RSVP FOR CLASSES  Start Of Summer!	21 Fishing Trip (Location TBA) 	22 Cooking 12-2 	23	24
27 CALL TO RSVP FOR CLASSES	28 UTA Training Frontrunner	29 First Aid Class 12-2	30	

## EASY WAYS TO KEEP COOL IN THE SUMMER

### Here are some simple tricks to help you stay chill in the heat:

1) Hydration: In hot temperatures, your body will lose a lot of water which can make you feel warmer. Drinking the proper amount, at least 2 liters, through out the day will help keep that balance in check.

2) Improve the Air Flow: There are different ways to control the air flow. Using electrical fans for direct air and closing off rooms that you won't need are ways to have the cooler air where you want it to be.

3) Use the windows: Opened windows in the evening and closed blinds during the hot parts of the day can help keep heat out and cold in.

4) Dress Lightly: Wearing thinner clothes that are loose fitting can help you breathe easier, and lighter colors (yellow, orange, pastel colors) will help reflect more light and heat off.



# El Rinconcito

## Portado de Su Voz

### 5 COSAS DIVERTIDAS QUE PUEDES HACER EN PRIMAVERA

Con la llegada de la primavera se abren muchas opciones para disfrutar de la vida, el sol, la vegetación, y a tus seres queridos, porque la vitamina D que emite el sol genera efectos benéficos para la salud.

1. **Jardinería.** Esta actividad combina ejercicio, diversión y contacto con la naturaleza. Planta un árbol, algunos flores, o puedes hacer un huerto y cosechar tus propios alimentos.
2. **Ciclismo.** Diversos estudios científicos han revelado que el uso de la bicicleta mejora nuestra salud física y mental, así que la primavera es una buena oportunidad para divertirse sobre dos ruedas.
3. **Caminar.** Toma un paseo por las calles o un parque y disfruta del canto de los pájaros y del sol, mientras fortaleces tu sistema respiratorio y aceleras tu metabolismo para prevenir el sobrepeso.
4. **Artesanías.** Activa tu mente con actividades manuales, además aumenta tu creatividad y favorece los pensamientos positivos.
5. **Visita un Zoológico.** Este lugar de esparcimiento y diversión que estimula tu aprendizaje y memoria. Además, entras en contacto directo con la naturaleza, lo que fomenta un bienestar.



### COSAS PARA RECORDAR

#### *PERSONAS ESPECIALES*



Las personas especiales no tienen una enfermedad sino una virtud.

No están buscando cura sino aceptación, tampoco lástima sino respeto.

#### *HAY QUE SER PERSEVERANTE*

No se equivoca el pájaro que ensayando el primer vuelo cae. Se equivoca aquel que por temor a caerse renuncia a volar permaneciendo en el nido.



### *Como Ganar Dinero Siendo Niño o Adolescente*

- 1) Haz jardinería: Busca jardines que estén un poco grandes – Poda el césped – Recoje las hojas y poda los setos.
- 2) Cuida niños: Escucha las instrucciones de los padres –Se paciente y firme – Pida ayuda si la necesitas.
- 3) Haz labores domésticas en tu casa: Habla con tus padres de asumir más responsabilidades por dinero. Si puedes recibir un pago por hacer cosas que pueden considerarse "quehaceres" y ni siquiera tienes que salir de tu casa, será dinero fácil. Tus padres incluso pueden recomendarte a ti a los vecinos.

Un día, haz todo lo descrito a continuación y luego dile a tus padres que seguirás haciéndolo si te pagan regularmente:

1. Limpia la cocina y lava los platos.
2. Saca la basura.
3. Ordena la sala.
4. Ordena el baño.
5. Arregla el garaje y el ático.
6. Mantén tu habitación extremadamente limpia.





## Juab and Sanpete Counties

Are you ready for Spring and warmer weather? I am, that's for sure. Our annual consumer camping trip will take place in May this year. We will again be joining with centers from around the state and we will be going to Green River State Park.

We will also be going on a river trip. If you have never been on a river trip, you are in for a real treat. Mike at the Salt Lake City center has partnered with Splore and have set up a river rafting trip for us during our camping trip.

Consumers will be required to pay \$18.00 per person to go on the trip. This may seem like a lot to pay but believe me it's not. This might be the only chance you get to have such an exciting adventure. If you plan on going on the camping trip, please let me know ASAP so we can get a count.

Also, Monday, May 30th is Memorial day. The office will be closed for that holiday but will reopen on Tuesday the 31st.

Wendy Hansen  
(435) 340-1145  
85 North 100 West  
Ephraim UT 84627



## May 2016



Tuesday	Wednesday	Thursday
3 Shopping-10:30 AM	4	5
10 Camping Trip Green River (Consumer required to pay \$18 fee)	11 Camping Trip Green River	12 Camping Trip Green River
17 Shopping-10:30 AM	18 Food Bank-12 Noon	19
24 Emergency Preparedness At Provo Office	25	26
31 Hogle Zoo		



## June 2016

Tuesday	Wednesday	Thursday
	1	2
7 Shopping-10:30 AM	8	9
14	15	16
21 Fishing Trip-With Provo Office	18 Food Bank-12 Noon	23 Shopping-10:30 AM
28	29 First Aid Class	30



We have again scheduled some activities with consumers from the Provo Office. Please call me to reserve your seat on the bus. These activities are always lots of fun, so come join us.



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

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Deon Anderson  
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## Spotlight!



Five years ago, Lori Hansen began taking Kyuki-do (a mixture of Tae Kwon Do, Hapkido & Judo). Lori wanted to be able to protect herself and get some regular physical exercise. Lori completed her latest test and received her second degree black belt in March 2016. It took a lot of hard work and time to reach her goals but Lori didn't let anything stop her from getting what she wanted. Lori intends to continue her training in martial arts. Currently she assists in a children's Kyuki-Do class. She loves teaching children and helping them to achieve their goals. Lori's mother asked her what she would like to tell people about becoming a black belt; Lori said that she wants people to know that even though you have a disability you can achieve your goals and dreams. It takes a lot of time and hard work but it's worth it.

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

*Vision~*

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Promoting Independence for People with Disabilities

*Ability 1st Utah*

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