

Ability 1st Utah

A VOICE OF OUR OWN

January-February 2017

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January is a great time to begin anew with goals and changes that will make 2017 the best year yet. But before you tuck 2016 away on the shelf, take some time and reflect upon your successes and achievements of this past year. Think about the things you did right and are proud of. It's okay to brag now and then. Did you read a good book? Did you make good choices when it was tough? Did you do nice deeds for others? Did you eat an apple a day? Give yourself a pat on the back for the things that made you proud of yourself and use that little energy to carry you into your dreams for the new year. It's inspiring to grow and gain a little every day. Keep learning, keep doing, and keep following your heart! Share the good things with those around you. **Thanks for being you!**

Would you like to get the newsletter by Email?
Want off the mailing list? Has your address
changed? **Call our office today! 801-373-5044**





Juab and Sanpete Counties

Salt Lake City Trips:

We will be having 2 events that will be held in Salt Lake City.

January 12th: The Utah State Independent Living Council is having an Advocacy Training in the Salt Lake City Capitol from **10:30 AM-2:30 PM**. Lunch will be provided.

January 26th: The Legislative Coalition for People with Disabilities will be having their yearly reception at the Salt Lake Capital. It'll be held from **4:30 to 6:30 PM**.

We will provide the transportation to Salt Lake City for both days. Remember to call in to RSVP.

The office will be closed the following days:

January 2: Observation of New Years day.

January 16: MLK Day

February 20th: Presidents Day

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We have scheduled activities with consumers from the Provo Office. Call me to reserve your seat on the bus.



January 2017

Tuesday	Wednesday	Thursday
3	4 Shopping- 10 AM	5 Food Bank- Noon
10 Community Based Education Class	11	12 Advocacy Training: SLC Capital 10:30-2:30
17	18 Movie night	19 Aspire Class- 3:30
24 Community Based Education Class	25	26 LCPD Reception: SLC Capital 4:30-6:30 PM



February 2017

Tuesday	Wednesday	Thursday
7 Shopping- 10 AM	8	9 Food Bank- Noon
14 Community Based Education Class	15	16 Aspire Class- 3:30 PM
21 Shopping- 10 AM	22	23 Food Bank- Noon

El Rinconcito

Portado
de Su
Voz.

El Año Nuevo

Enero es el tiempo para comenzar de nuevo para que 2017 ser el mejor año. Tomar tiempo y reflexionar sobre sus éxitos y logros de ese año pasado. Piensa en las cosas que hiciste bien.

Estar orgulloso de todas las cosas buenas que hiciste. Usar esa energía para llevarte a tus sueños para el nuevo año.

Es inspirador para crecer y ganar un poco cada día. Sigue aprendiendo, sigue haciendo, y sigue tu corazón! Comparte las cosas buenas con los demás. ¡Gracias por ser tu!

TRANSPORTE PARA EL INVIERNO

Utilizaremos un procedimiento de transporte diferente para la seguridad del conductor y de otros consumidores.

Si hay una actividad planeada y hay condiciones de hielo / nieve en el área que usted vive, le llamaremos para hacer otros arreglos para ser recogidos / dejados en un lugar alternativo cerca de su casa.

Las personas afectadas por este procedimiento serán contactadas con instrucciones.

Si está enfermo y se ha inscrito para una actividad, NO VENGA. Llame a la oficina para cancelar.

Cómo Hacer Calentador de Manos!



🕒 Encontrar o hacer una pequeña bolsa de tela. No debe ser más grande de su mano si usted quiere llevarla en los bolsillos en su chaqueta.



🕒 Llena la mitad de la bolsa con arroz. Ponerlos en el microondas para 30 segundos.

🕒 La mejor parte es que usted puede reutilizar estas mas te un vez.

🕒 También se puede utilizar como una bolsa de hielo si se ponen en el congelador.

(Class Times May Vary)

January 2017

Monday	Tuesday	Wednesday	Thursday	Friday
2 CLOSED IN OBSERVANCE OF NEW YEARS.	3	4 Advocates First 11-1	5	6
9 CALL TO RSVP FOR CLASSES (AND NEXT WEEK)	10 Shopping 	11 Cooking 12-2 	12 USILC Training 10:30-2:30	13
16 CLOSED FOR MJK DAY 	17 Computer Class 12-2	18 UTA Training	19	20
23 CALL TO RSVP FOR CLASSES	24 Sewing 12-2 	25 Annual Class Planning 11-1	26 LCPD Reception 4:30-6:30 PM	27
30 CALL TO RSVP FOR CLASSES	31 Arts & Crafts: 12-2 	Don't watch the clock. Do what it does; Keep going. -Sam Levenson		

Important Notes About January and February Events






✚ **January 12th:** The Utah State Independent Living Council (USILC) will be holding an Advocacy Training in Salt Lake City Capitol from **10:30-2:30**. Lunch will be provided. **LIMITED** transportation to Salt Lake City will be provided. Remember to call in to RSVP.

✚ **January 25th:** We are inviting everyone to a Planning Meeting about classes and activities you guys want to do over the next year.

✚ **January 26th:** The Legislative Coalition for People with Disabilities (LCPD) will be having their yearly reception at the Salt Lake Capital. It will be held from 4:30 to 6:30 PM. Both the youth and adult groups can attend. **LIMITED** transportation to Salt Lake City will be provided

February 2017

(Class Times May Vary)

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Advocates First 11-1	2	3
6 CALL TO RSVP FOR CLASSES	7 Shopping 	8 Sewing 12-2 	9	10
13 CALL TO RSVP FOR CLASSES (AND NEXT WEEK)	14 Cooking 12-2 	15 Computer Class 12-2	16	17
20 CLOSED FOR PRESIDENTS DAY 	21 Arts & crafts 	22 Resume Workshop 12-2	23	24
27 CALL TO RSVP FOR CLASSES	28 Budgeting Class 12-2	<i>Love is when the other person's happiness is more important than your own. H. Jackson Brown Jr.</i>		

Additional info

- ✦ **For both of the Sewing class:** We only have enough materials and resources to have 6 consumers per class. If you can, We are also asking for donations to help with the materials.
- ✦ **UTA Training:** There are limited spots so call as soon as you can.
- ✦ **Computer Class:** We will be going over only basic functions such as how to create an email, using your computers library, etc.
- ✦ Look to Page 6 concerning winter transportation conditions.
- ✦ **“Wheelchair Clinic”:** We are working with MedSource to have a day where you can learn about preventative maintenance for your chair. Dates will be determined so call the office for more information.

Things to Keep In Mind For The Winter Months:

We'll be using a different transportation procedure for the safety of the driver and other consumers. If there's an activity planned and it's snowing or there are icy conditions where you live, either Kathy or your Independent Living Coordinator will call you to make other arrangements to be picked up/dropped off at an **alternate location** close to your home.

Individuals affected by this practice will be contacted with instructions. If you have any questions or concerns, please contact your Independent Living Coordinator.

If you are sick and are signed up for an activity, **DO NOT COME!** We do not others to get sick as well. Call the **office as soon as you** can to cancel.



DIY Re-Useable Hand Warmers!

1. Find or make a small cloth bag. It shouldn't be bigger than your hand if you want to hold it or carry it around in your coat pockets.
2. Fill the bag a little more than halfway with rice or barley and seal it shut.
3. Put them in the microwave for 30 seconds .
They'll stay warm for quite some time.

You can re-heat these as many times as you want. They can also be used as ice bags if you put them in the freezer.



Ability 1st Utah Employment Services

Ability 1st Utah Employment Services is an employment network that work with Beneficiaries who have disabilities. We serve Beneficiaries who want to participate in the **Ticket to Work** Program. The **Ticket to Work (TTW)** Program is designed to assist individuals who want to work towards financial independence. The **TTW/Self-Sufficiency Program** was created to give Social Security Disability Insurance (SSDI) and Social Security Income (SSI) beneficiaries a way to achieve economic self-support through work.

We provide employment support services and choices that give “Ticket Holders” the opportunity and support needed to prepare for, obtain, and keep career jobs that will enable them to leave and stay off of cash benefits.

We have work-ready workshops to assist in preparing a resume and cover letter, skills and interest surveys, interview skills, networking and job market skills, job search skills and support and advocacy to enter the workforce and maintain employment with the goal to achieve financial independence.

Work Ready Workshops:

Tuesdays and Thursdays from 9:30 AM to 11:00 AM.

∞Resume/Cover Letter Writing Class ∞Interview Skills Class ∞Job Search Skills ∞Networking Skills

Work Incentives

Work Incentives make it easier for adults with disabilities to work and still receive health care and cash benefits from Social Security. Work Incentives allow you to remain in control of your finances and health care during your transition to work and financial independence.

Work Incentives That Go With the Ticket to Work Program

Work Incentives make it possible for you to explore work while still receiving health care and cash benefits. They are designed to help you succeed!

- You may keep your Medicaid/Medicare while you work.
- You have access to individualized support services.
- You can select Part-time or “Work from Home” alternatives to help you reach your goal of financial independence.

You can work with confidence, knowing your benefits will continue during your transition period. The **Ticket to Work** program is just one of many work Incentives available to you. When you assign your Ticket to an Employment Network, you are eligible for several Work Incentives. Meet one-on-one with a benefits specialist to learn how working affects your benefits and how to track your progress through the program.

Call Janine Culver at (801) 850 - 5560 to set up an appointment to find out more and see if you qualify.

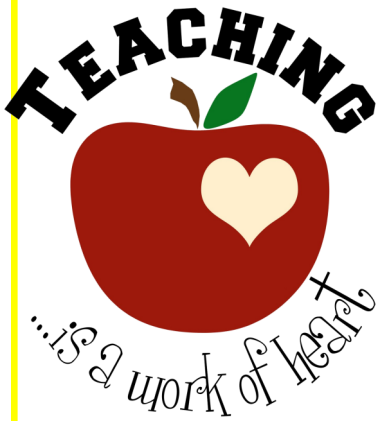
Spotlight: Antonio Rubio

I have been a consumer with ability 1st for 8 years. I like learning about the program and helping to teach some of the Independent Living Skills classes. I have been participating in different IL activities and now I have the opportunity to teach the nutrition and cooking classes.

I was a teacher in my home country of Mexico and got my Bachelors in Education, with an emphasis in Special Needs, in California. I'm also certified as a Psychiatric Technician from Brigham Young University. My interests and hobbies

are dancing, basketball, walking and traveling. I also love to serve others. My favorite foods are turkey and strawberries.

My philosophy in life is to be happy, even when someone tries to make me mad or upset. I feel if I get upset, I'll lose the battle. I want to win by being nice. I'm glad to share my cooking with my peers.



Ability 1st Utah Staff

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

Vision~



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Promoting Independence for People with Disabilities

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Return Service Requested