

Ability 1st Utah

A VOICE OF OUR OWN

March–April 2017

2017 Legislative Update

Our consumers had the opportunity to attend the **“Legislative Coalition for People with Disabilities”** reception at the Capitol on January 26th. This event was for consumers to talk with our legislators about the services they have received from our center and the impact our services have on their lives.

We would like to extend a very special **“Thank You”** to **Rep. Keven Stratton** of the 43rd District. He met with our group and conversed with them as he visited our table. We appreciated his interest in our thoughts and concerns. We also would like to give a big **“Thank You” to our consumers** for their support and contribution in participating in this event.

We have a building block of \$475,000 that will be divided among the six IL centers in our state. The distribution will be determined by a funding formula. We are requesting the legislators from the “Social Services Appropriations Committee” for this building block to be designated as **“ongoing”** dollars. The funding will be used to **support and expand life skills training, education, peer support, nursing home and youth transition services**. We also have a one-time building block for Assistive Technology in the amount of \$700,000 which is for all six IL centers. It will be distributed on a “first come, first serve” basis.

Consumers from Ability 1st Utah also attended the **Utah State Independent Living Council**'s advocacy training session earlier on January 12th. They were given insights into legislative matters and considerations. They also had the opportunity to ask questions, share experiences, and express their concerns about funding and other issues. **We are very grateful for our advocates and all they do!!!**



In This Issue:

Ability 1st News	Pg 2
Spanish Page	Pg 3
March Events	Pg 4
April Events	Pg 5
Youth Vortex	Pg 6
Juab & Sanpete	Pg 7
Spotlight	Pg 8

TRANSPORTATION
IS AVAILABLE
WHEN WE HAVE
CLASSES
AT OUR
OFFICE.



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



Tax Information

Last Day To File Your Taxes: Tuesday, April 18th, 2017



MR. RABBIT DOES HIS TAXES.

Volunteer Income Tax Assistance

V.I.T.A. is a program that offers free tax help for those that qualify. They are generally located in community centers such as libraries, mall, schools, and other locations. To find one near you, go to www.irs.gov and use the "VITA Locator Tool" or call (800) 906 - 9887.

OTHER TAX HELP RESOURCES

United Way: Call 2-1-1 or go to: www.unitedway.org/myfreetaxes

Earn it, Keep it, Save it:

Go to utahtaxhelp.org

LIVING WELL WITH CHRONIC CONDITIONS

There will be a free 6-week workshop for anyone with long-term health concerns such as arthritis, diabetes, depression, chronic pain, heart conditions, stroke, and other issues.

During these weekly classes, you will learn how to manage symptoms, set weekly goals, problem-solve effectively, handle difficult emotions, use medication as directed and work with your health care team. Friends and family are welcome to attend.

**Thursdays in the "Kids on the Move" building,
475 West 260 North - Orem, UT 84057**

10:00 AM to 12:30 PM from March 16 to April 20, 2017.

To register or for questions, please contact:

Carrie Bennett at (801)851-7035 or

www.livingwell.utah.gov

Brought to you by the Utah County Health Department.

El Rinconcito

PORTADO
DE SÖ VOZ

Viviendo Bien con Condiciones Crónicas!

Habrä un taller gratuito de 6 semanas para cualquier persona con problemas de salud a largo plazo como el asma, artritis, diabetes, depresi6n, problemas cardíacos y otros problemas. Durante estas clases semanales aprenderän cómo manejar los síntomas, manejar emociones difíciles, usar las medicamentos según las instrucciones y trabajar con su proveedor de atención médica. Amigos y familiares son bienvenidos a asistir.



Jueves a 475 Oeste 260 Norte—Orem UT 84057

Marzo 16 asta Abril 20

Para registrar or pueguntos, llame a

Carrie Bennet at 801 851 7035 o visitar www.livingwell.utah.gov

Traído a usted por el departamento de Salud de Utah County

Actualización de la Legislación.

Nuestros consumidores tuvieron la oportunidad de ir a un recepción por la “**Coalición Legislativa para Personas con Discapacidades**” en Salt Lake City. Hablaron con algunos de nuestros legisladores sobre la importancia de nuestros servicios.

Nos gustaría extenden un agradecimientos muy especial al Rep. Kevin Stratton del distrito 43. Se reunió con miembros de nuestro grupo y conversó con ellos cuendo visitó nuestra mesa. Apreciamos su interés en nuestros pensamientos y preocupaciones. También queremos dar un gran "Gracias" a nuestros consumidores por su apoyo en participar en este evento.

Tenemos un dinero de \$ 475,000 que se dividirá entre los 6 centros en nuestro estado. La distribución se determinará mediante una fórmula de financiación. Estamos solicitando a los legisladores del comitè apropiaciones de Servicio Social que este dinero sea designado como "continuo". Se utilizarä para apoyar las clases de habilidades para la vida, el apoyo de compañeros y los servicios de transición. También tenemos un dinero de un tiempo de "tecnología de asistencia" de \$700,000 para los seis centros. Se distribuirä por orden de "el primero que llega, primer servicio".

Los consumidores también fueron a una sesión de entrenamiento de abogacía el 12 de Enero. Les dio perspectivas sobre las preocupaciones y consideraciones legislativas. Ellos también compartieron experiencias y expresaron preocupaciones sobre financiamiento y otros asuntos. Estamos muy agradecidos por nuestros defensores y por todo lo que hacen.

(Class Times May Vary)

MARCH 2017



Monday	Tuesday	Wednesday	Thursday	Friday
<i>"I'm looking over a 4-leaf clover, I've over looked before"</i> -Mort Dixon		1 Advocates First 11-1	2	3
6 CALL TO RSVP FOR CLASSES	7	8	9	10 Sewing Class 10:30-12:30
13 CALL TO RSVP FOR CLASSES	14 Cooking 12-2	15 Basic Computer Class - 12-1:30	16	17 Happy St. Patrick's Day! 
20 CALL TO RSVP FOR CLASSES	21 Sewing Class 12-2:30	22 Tai chi/ Yoga 12-2	23	24
27 CALL TO RSVP FOR CLASSES	28 Bowling 11-1	29 Arts & Crafts 	30	31

Class of the Month: **Advocates First**


When: The first Wednesday of every month.

Advocates First is a monthly class where consumers can understand their rights and responsibilities and learn different ways to speak up for themselves and others. You can also learn how to advocate for community services that can give people choices and control. Advocacy can create change in communities to ensure opportunity and full, meaningful participation for all people.



APRIL 2017

(Class Times May Vary)

Monday	Tuesday	Wednesday	Thursday	Friday
3 CALL TO RSVP FOR CLASSES	4 Shopping: K-mart & Ross	5 Advocates First 11-1	6	7
10 CALL TO RSVP FOR CLASSES	11 Sewing Class 12-230	12 Arts & Crafts 	13	14
17 CALL TO RSVP FOR CLASSES	18 Cooking 12-2	19 Basic Computer Skills - 12:30-1:30	20	21
24	25 Office will be Closed	26 Office will be Closed	27	28

The office will be CLOSED on April 25 & April 26 for the Independent Living Center Conference. We will Re-Open on April 27th.

Class & Transportation Information

SEWING CLASS: We only have room for 6 people per class.

BOWLING: This will take place at Fat Cats on Bulldog Blvd and University Avenue. **Transportation is Limited.**

NEW TRANSPORTATION RULE:

No food or drink of any kind will be allowed when transporting on vans.

If you need to, please eat before getting in the van.



YOUTH VORTEX

March 2017

Tuesday	Wednesday	Thursday
	1 ATEC Class	2 OY and EB : Shopping
7 EB : Shopping Bridges Class	8 ATEC Class	9 OY and EB : Cooking
14 EB : Cooking Bridges Class	15 ATEC Class	16 OY and EB : Community Partners
21 EB : Self-Care Bridges Class	22 ATEC Class	23 OY and EB : Arts and Crafts, Writing
28 EB : Household Management Bridges Class	29 ATEC Class	30 OY and EB : Bowling

Don't forget to
R.S.V.P
Every Monday

EBPH (East Bay Post High): At the Office

- Tuesdays: 10-11 AM
- Thursdays: 12-1:30 PM



Older Youth: At The Office

- Thursdays: 10-11:30 AM (Open to all students)

The office will be CLOSED on April 25 & April 26 for the Independent Living Center Conference. We will Re-Open on April 27th.

For an individual lesson call:
 Sage Wohlgemuth
 Office: (801) 850 - 5565
 Cell: (385) 375 - 1370
sage@ability1stutah.org

April 2017

Tuesday	Wednesday	Thursday
4 No Class 	5 No Class Spring Break	6 No Class 
11 EB : ASL Bridges : Class	12 ATEC Class	13 OY and EB : Self Care
18 EB : Film Bridges : Class	19 ATEC Class	20 OY and EB : Volunteer Activity
25 Office Closed	26 Office Closed	27 OY and EB : Park Day



**These are the Sanpete/
Juab Counties only.
For Utah/Wasatch
counties, see pages 4-5.**



March 2017

Tuesday	Wednesday	Thursday
7	8 Shopping: 10 AM	9 Food Bank: Noon
14 CBEC	15	16
21	22 Shopping: 10 AM	23 Food Bank: Noon
28	29 History Museum Trip	30

April 2017



Tuesday	Wednesday	Thursday
4 Shopping 10 AM	5	6 Food Bank: Noon
11 CBEC	12	13
18 Shopping: 10 AM	19	20 Food Bank: Noon
25 Office is closed	26 Office is closed	27 Hogle Zoo: 8 AM

Spring Time

After a long Winter, it looks like Spring is finally here. It's looked upon a time for new things or new opportunities. It may seem hard to try new things or to start a new routine but it can be worthwhile in the end.

That's one of the many reasons we have classes and activities. We hope that we can give you something to try and break from your routine every now and then. If there is an activity you want us to do, let us know to help you.

**ATTENTION: We will be CLOSED
on April 25 & April 26 for the
Independent Living Center
Conference. We will Re-Open
on April 27th.**

Wendy Hansen
85 N. 100 W. Ephraim, UT 84627
wendy@ability1stutah.org
(435) 283 - 4949



Spotlight!

Oscar Melgar has volunteered for us for quite some time and always jumps at the chance to share his time and energy and help us in any way he can. One of the most helpful things he does is prep the newsletters we send out. The newsletter you are holding was made possible by him.

We have enjoyed his company and good spirits. There are not enough ways we could show our appreciation for him but we hope this is a start.

Everything good that's happened to me came out of helping others
-Danny Trejo



Ability 1st Utah Staff

Sandra Curcio
Jhilma Miranda
Deon Anderson
Wanda Lassen
Cheryl Campbell
Cynthia Gonzalez
Shelly Pitchforth
Janine Culver
Wendy Hansen
Kathy Tucker
Bryce Harper
Sage Wohlgemuth
Ann Rosine

491 North
Freedom Blvd.
Provo, Utah
Phone: (801) 373-5044
Fax: (801) 373-5094
Toll Free:
(877) 421-4500



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

~Vision~

491 N. Freedom Blvd.
Provo Utah, 84601
Phone: 801-373-5044
Fax: 801-373-5094
www.ability1stutah.org



Promoting Independence for People with Disabilities

Ability 1st Utah

Return Service Requested