

# Ability 1st Utah

A VOICE OF OUR OWN

MAY - JUNE 2017

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**

## SAVE THE DATE!

**Our Annual 10k/5k Run, Walk, & Roll Race and Kids Fun Run:**

**SEPTEMBER 09, 2017**

To Register and find out more, go to  
[www.ability1stutah.org](http://www.ability1stutah.org)

## JOIN US IN LEARNING ABOUT THE ADA IN HEBER!

**When: Wednesday, May 17<sup>th</sup>, 2017,  
from 6:00pm - 7:30pm**

**Where: Wasatch County Library**

For those in the Heber area, you are invited to attend a meeting about advocacy for people with varying disabilities and of all ages. We are building a group to learn about various ways to advocate, from individual advocacy to systems change advocacy. Our goal is to help people with disabilities become more independent.

We encourage you to give voice to your questions and concerns. We focus on abilities and the support that can be shared through peer support to solve problems and explore options.

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# JUAB AND SANPETE COUNTIES

## SUMMER IS FINALLY HERE!

### THINGS TO KEEP IN MIND:

1. There'll be a Community Services Block Grant (CSBG) meeting on May 3rd in Richmond, UT. This meeting is to help us receive grants for transportation. Invite only.
2. The **Ephraim** office will be closed from Monday, May 22 to Monday, May 29th. We will re-open on Tuesday, May 30th
3. The days marked in **BLUE** are for the Youth group **only**. All other activities are for everyone.



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

## May 2017

Tuesday	Wednesday	Thursday	Friday
2	3 CSBG Meeting - 2 PM	4 Shopping - 10 AM	5
9 YOUTH: Transition Class	10	11	12
16 Shopping - 10 AM	17 Food Bank - Noon	18 Fremont Indian State Park	19
23 CLOSED	24 CLOSED	25 CLOSED	26 CLOSED
30	31		

## June 2017

Tuesday	Wednesday	Thursday	Friday
		1 Food Bank: Noon	2
6 Shopping - 10 AM	7	8	9 YOUTH: Mountain Men Days
13	14 YOUTH: Class - 10 AM	15 Food Bank: Noon	16
20 Shopping - 10 AM	21 YOUTH: Hogle Zoo Trip	22	23
27 "This is the Place" State Park	28 YOUTH Class - 10 AM	29	30

# El Rinconcito

## Portado de Su Voz

Vamos estar cerrados a Lunes, 30 de Mayo,  
El Día de Memorial



**5/10 KM Carrera  
Y Ninos Fun Run!**

**Sábado, 9 de  
Septiembre 2017!**

Visitar [www.ability1stutah.org](http://www.ability1stutah.org)  
para registrar y más información

### ¡IMPORTANTE!

Si va a visitar nuestro centro, por favor **no usar perfume/colonia, lociones y otros productos con fragancia.**

La exposición a olores fuertes pueden molestar y afectar la salud de personas en la oficina.



**¡Bienvenidos Maria Ramirez  
y Olivia Siegel!**

**¡Estamos felices de tener  
dos nuevas coordinators  
en nuestra organización!**

### INFORMACIÓN PARA LOS ACTIVIDADES!

**POR FAVOR:** A menos que no desee participar, llame a la oficina para inscribirse en una clase el Lunes de esa misma semana.

Nosotros necesitamos tener suficientes materiales para todos. Si viene sin haber llamado, no podemos garantizar materiales o espacio para esa clase.

#### Clases de Costura:

Si está planeando venir a una clase de costura, traer un almuerzo en esos días: **Mayo 9, Mayo 12, y Junio 21.**

#### Juego de Beisbol (Bees Game):

Vamos a ir a Salt Lake para un partido de béisbol el 29 de Junio. Vamos a tomar el Frontrunner y Trax para llegar. El transporte del Frontrunner es limitado. Trate de llegar allí en su propio transporte. Pueden llamar para reservar su lugar desde el 5 de Junio.

#### Advocates 1st.

Tenemos oradores invitados para nuestra clase de abogacía:

**May 3:** Cherissa Alldredge, un UTA Compliance Officer para nuestra área.

**June 7:** Brian Torgersen es ingeniero principal de la ciudad de Provo.

(Class Times May Vary)

# May 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1 CALL TO RSVP FOR CLASSES</b>	<b>2 Shopping</b>	<b>3 Advocates First 11-1</b> <i>Guest Speaker</i>	<b>4</b>	<b>5</b>
<b>8 CALL TO RSVP FOR CLASSES</b>	<b>9 Sewing 11-2 -Bring Lunch</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>15 CALL TO RSVP FOR CLASSES</b>	<b>16 Movie Day</b>	<b>17 Arts &amp; Crafts 12-2</b>	<b>18</b>	<b>19</b>
<b>22 CALL TO RSVP FOR CLASSES</b>	<b>23 Sewing 11-2 - Bring Lunch</b>	<b>24 Self Care- Diabetes 12-2</b> <i>Guest Speaker</i>	<b>25</b>	<b>26 RSVP FOR NEXT WEEK'S CLASSES</b>
<b>29 memorial ★ DAY <u>Office is closed</u></b>	<b>30 Cooking 12-2</b>	<b>31</b>	<b>A Day Without Laughter is Wasted. -Charlie Chaplin</b>	

## *Special Advocates First Meetings!*

### WE'RE EXCITED TO HAVE GUEST SPEAKERS FOR OUR NEXT ADVOCATES 1ST MEETINGS:

May 3<sup>rd</sup>: Cherissa Alldredge is the Utah Transit Authority ADA Compliance Officer for our area. She will discuss ADA compliance and the UTA. There will be time for questions afterwards.

June 7<sup>th</sup>: Brian Torgersen, a Principal Engineer of Provo City, has managed road/sidewalk improvement projects throughout Provo and is very familiar with ADA requirements and issues. He's also a Traffic Engineer and is knowledgeable about traffic/signal issues.

We look forward to both of their presentations and having the chance to understand all the considerations and issues that are a part of making Provo City safe for everyone. We are very pleased to have them visit and speak with us. We invite all consumers to attend.

# June 2017

(Class Times May Vary)

Monday	Tuesday	Wednesday	Thursday	Friday
'I'll finally see a summer breeze blow away a winter storm..." - From "In Summer'			1	2
5 <b>CALL TO RSVP FOR CLASSES (And Bees Game)</b>	6	7 <b>Advocates First 11-1</b> <i>Guest Speaker</i>	8	9 <b>Sewing 10:30 - 1</b>
12 <b>CALL TO RSVP FOR CLASSES</b>	13	14 <b>Bowling 12-2</b>	15	16
19 <b>CALL TO RSVP FOR CLASSES</b>	20	21 <b>Sewing 11-2 - Bring Lunch</b>	22	23
26 <b>CALL TO RSVP FOR CLASSES</b>	27	28 <b>Cooking 12-2</b>	29 <b>Bees Game (see below for details)</b>	30

## IMPORTANT!

If you are coming to our center, don't wear perfume/cologne or scented products. Exposure to strong scents can cause discomfort and impact the health of people around you.

**RSVP FOR CLASSES:** Please call the Monday before (unless it says otherwise) to sign up for classes. We need to prepare and gather enough materials in a timely manner. If you walk in without RSVP, we can't guarantee enough materials or space for everyone.

**May 16th:** We are planning to go to see a Matinee Movie at a local theater. We'll pay for your ticket but you will need to bring money for snacks.

**May 24th:** Ben Kay from the Diabetes Management Clinic will come in to discuss what self care means when it to your diabetic needs.

**Sewing Classes:** We are asking that you bring a lunch since the class will be around lunchtime. Please see calendars for which dates specifically.

**Bees Game:** We will be going up to Salt Lake via UTA Frontrunner & Trax system. We have limited transport to the frontrunner so please try to meet us there on your own. We also need you to RSVP starting **June 5th!**



## New Social Media Outlets!

Show your support by following us!

**Facebook:** Ability 1st Utah

**Twitter:** @Ability1stUtah

**YouTube:** Ability 1st Utah

## Welcome Olivia Siegel!

Hi! I am the new IL Coordinator and Youth Program Coordinator. I was born and raised in California but I came to Utah to go to school.

I graduated from BYU with a degree in Public Health last year. I like hiking and helping people. I started at Ability 1st in mid April and I am excited to be working with both the employees and the consumers!

## WELCOME MARIA RAMIREZ!

Hello! I'm the new WIOA Youth Transition Coordinator. I was born in Mexico and raised in Florida. I graduated from BYU-Idaho with a Bachelor degree in Health Science. I began working at Ability 1<sup>st</sup> Utah at the beginning of April. I am honored to be part of this organization whose focus is to empower and change the life of others. It makes me happy to know that I can make a change in somebody's life. I enjoy watching movies, crafting and learning new recipes. My favorite thing to do is smile and laugh!



In July 2015, the **Workforce Innovation & Opportunity Act (WIOA)** was signed into law. It's a program to offer youth with

disabilities (ages 14-21) pre - employment transition services. It offers services and opportunities to improve workplaces skills, explore potential careers, and gain work experience through different agencies and organizations. We are excited to offer these services to our youth with disabilities this summer! You will need to bring your own lunch or money for lunch.

**You do have to sign up for this program.**

If you would like to join or have any questions, please contact **Maria Ramirez** at **(801) 850 -5569** or **maria@ability1stutah.org**

## WIOA SUMMER DAYS:

**Mondays & Fridays**

**Starting on June 1st.**

Class times will vary since some days we will go out and visit employers, while other classes we will have speakers and activities at our center.

**Transportation from us is not available.**

You will have to come to classes by your own means.



# YOUTH VORTEX

## May 2017

Tuesday	Wednesday	Thursday
2 <b>EB:</b> Organization	3	4 <b>OY &amp; EB:</b> Bowling
9 <b>EB:</b> Self Care	10	11 <b>OY &amp; EB:</b> Community Partners
16 <b>EB:</b> Cooking	17	18 <b>OY &amp; EB:</b> Goal Setting
23 <b>NO CLASS</b>	24 <b>NO CLASS</b>	25 <b>NO CLASS</b>
30 <b>NO CLASS</b>	31 <b>NO CLASS</b>	

## June 2017

Tuesday	Wednesday	Thursday
		1 Picnic
6	7 <b>N.I.N.J.A.</b>	8
13 Art Museum/ Arts & Crafts	14	15 Hygiene/Rec Center
20 Cooking	21	22 Movie Day
27 Tie Dye/ Citizenship	28	29 Bees Game

### Summer Youth Program is Here!

In order to attend all the fun activities, you need to fill out a **Summer Program Application** and turn it in **by May 15th**. You can pick it up at our office or print a copy from our website ([www.ability1stutah.org](http://www.ability1stutah.org)) and return it completed to Olivia (see below for email)

If you'd like to donate \$50 to help cover some of the costs, we would appreciate it greatly. There are about 25 available spots so don't delay. If you have any questions about lunch, the application or anything else you can contact Olivia.

**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)

*FOR AN INDIVIDUAL LESSON CALL:*

Olivia Siegel - Youth Coordinator  
Office: (801) 850-5565  
Cell: (385) 375-1370  
Email: [olivia@ability1stutah.org](mailto:olivia@ability1stutah.org)



In the  
Spotlight

## My Name is Roger Downing...

I moved from New Jersey two years ago to start a new adventure. I was with Deseret industries for one year. After being there I found a job at Burlington Coat Factory.

I'm also involved in the Advocates First group and in politics as well. The reason I'm getting involved is to have people who have disabilities like myself to be treated fairly and fight for our rights. I am very grateful to be part of Ability 1st and hoping to be more active and do more things with the group.

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

Sandra Curcio  
Jhilma Miranda  
Deon Anderson  
Cynthia Gonzalez  
Shelly Pitchforth  
Janine Culver  
Wendy Hansen  
Kathy Tucker  
Bryce Harper  
Ann Rosine  
Cheryl Campbell  
Maria Ramirez  
Olivia Siegel

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 1<sup>st</sup> Utah*

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