

Ability 1st Utah

A VOICE OF OUR OWN

July-August 2017

The 15th “Run, Walk, or Roll Your Way to a 5k/10k” Race is Almost Here!

Saturday, September 9

**Including
our IK
Kids
Fun
Run!**



We are hoping to reach a record of **250 racers**. Call up friends, chat with your neighbor, share our race around Facebook and Twitter and any other ways to get our race known. We have medals for winners in different divisions, prize drawings and much more!

The contributions that come from the race goes directly to you guys. It help us with the weekly classes, youth group activities, recreational activities, and so much more! **We Welcome** : Runners, Walkers, Manual Wheelchairs, Motorized/Assisted Wheelchair, and Hand cyclists.

Pre-Registration:
NOW! Until September 8

To Register online visit
ability1stutah.org
For more information,
call (801) 373- 5044

You can also mail in/drop
off your registration:
491 North Freedom Blvd.
Provo, UT 84601

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YOUTH VORTEX

July 2017

Tuesday	Wednesday	Thursday
4 OFFICE IS CLOSED	5	6 Natural History Museum
11 Money Management & Nickel-cade	12	13 Cascade Spring Hike
18 Safety & Emergency Class	19	20 BYU Life Science Museum
25 Volunteer Activity	26	27 Water Games

August 2017

Tuesday	Wednesday	Thursday
1 No Classes this week	2	3
8 No Classes this week	9	10
15 No Classes this week	16	17
22 East Bay	23	24 East Bay/ Older Youth
29 Camping	30 Camping	31 Camping

WE WILL BE CLOSED:

**Tuesday, July 4th-
Independence day
Monday, July 24th-
Pioneer Day.**

Please call the Monday before to let us know you're coming or need transportation for the week. The last activity of the summer program will be on July 27th.

Youth are invited to the camping trip in August but **SPACE IS LIMITED!** You need to call to reserve a spot starting August 1st. There won't be any classes at our center that week.

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

Office: (801) 850-5565

Cell: (385) 375-1370

Email: olivia@ability1stutah.org

El Rinconcito

Portado de Su Voz

La Carrera Anual: SABADO, SEPT. 9

Queremos llegar a un récord de 250 corredores. Pueden ayudarnos alcanzar este objetivo. Habla con tus amigos y vecinos. Comparte nuestra carrera alrededor de Facebook y Twitter y otros medios de comunicación social. Tenemos medallas para los ganadores en cada división, premios y nuestro 1K Carrera para Niños!

Las contribuciones que vienen de la carrera van directamente a ustedes. Nos ayuda a continuar con las clases, las actividades de los grupos juveniles, los recursos comunitarios y mucho más.

Pre-registración: Ahora hasta Septiembre 8

Pueden registrarse ahora a nuestro oficina:

491 N Freedom Blvd. Provo, UT

Or por el internet :

www.ability1stutah.org

Para pueguntas, pricios, y detalles visitar an nuestro website or llamar
(801) 373-5044

Clase de Costura

La clase de costura es la clase más popular. Es una de las clases más limitadas también. Solo tenemos espacio y materiales para 6 personas por clase. Sabemos que es pequeño, pero hay razones para el límite:

1. Las clases toman más tiempo. Más de 6 personas, es difícil para terminar los proyectos a tiempo.
2. Tenemos 6 máquinas de coser. Si personas comparten máquinas, van a tardan más tiempo en terminar. Si tienes una máquina de coser, se le

permite traerla. Pero no creará espacios adicionales para otras personas.

Comenzando en Septiembre, las clases del Viernes serán para proyectos más avanzados y reservadas para los consumidores que consideremos que pueden hacer esos proyectos. Las clases de los miércoles serán para los principiantes/primeros temporeros (vamos a anotar qué clase es la que en el calendario).

VAMOS ESTAR CERRADOS ESTOS DIAS:

Martes, el 4 de Julio - El Dia de Independencia

Lunes, el 24 de Julio - El Dia de Pioneers.

IMPORTANTE!


Por favor, **no vengas sin reservar un lugar para una clase/actividad**. Necesitamos que llame a nuestra oficina por lo menos UN DÍA ANTES DE LA CLASE. Si no llama o escucha de nosotros, no podemos garantizar el espacio o materiales. No podemos hacer que la gente

venga sin aviso esperando participar cuando la clase esté llena.

Si usted tiene su propio transporte, POR FAVOR NO VENGE TARDE A LAS CLASES! Es injusto para aquellos que tienen que esperar o repetir las partes de la clase que perdiste.

(Class Times
May Vary)

July 2017

Monday	Tuesday	Wednesday	Thursday	Friday
3 RSVP FOR CLASSES	4 Office Closed 	5 Advocates First 11-1 <i>Guest Speaker</i>	6	7
10 RSVP FOR CLASSES	11	12 Sewing 11-2 (Bring Lunch)	13	14
17 RSVP FOR CLASSES (AND NEXT WEEK)	18	19 Self Care 12-2 <i>Guest Speaker</i>	20	21
24 Office Closed PIONEER DAY	25	26 Cooking 12-2 Chile Rellenos	27	28
31 RSVP FOR CLASSES & BBQ!	<p>If you have your own transportation, PLEASE DON'T BE LATE TO CLASSES! It's unfair and inconsiderate to those that have to wait or repeat the parts of the class you missed.</p>			

Activities

July 5th: Advocates First: Sgt. Dove from the Provo Police will talk about the "See Me Roll" program about wheelchair safety. We'll be handing out wheelchair visibility flags and learning about devices to be safe in the urban environment.

July 19th: Self Care - Roy Woodward, a Physical Therapist and Bio-nutritionist, will discuss making good decisions about being healthy.

August 1st: Relationship Building— We'll be having a class on making/keeping a healthy relationship.

IMPORTANT!!

We've been having problems where consumers aren't calling to let us know they'll be coming to activities and classes and are arriving to class to find out we don't have space for them.

PLEASE DO NOT JUST WALK IN.

We need you to call our office at least **ONE DAY BEFORE** the class. If you don't call us or hear from us, we cannot guarantee space or materials. It is hard for us to have to try to accommodate someone when the class is full/we don't have the materials for them.

August 2017

(Class Times
May Vary)

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Relationship Building 12-2	2 Advocates First 11-1	3	4
7 RSVP FOR CLASSES	8 Shopping	9 Annual BBQ (See page 6)	10	11
14 RSVP FOR CLASSES	15 Arts & Crafts 12-2	16 Sewing 11-2 (Bring Lunch)	17	18
21 RSVP FOR CLASSES	22 Emergency Preparedness 12-2	23 Cooking 12-2	24	25
28 No classes!	29	30 CAMPING TRIP	31	

SUMMER CAMPING TRIP

We'll be camping with the other IL centers at American Fork Canyon from **August 29-31**. We have limited availability so please reserve your spot (you can RSVP starting August 7th).

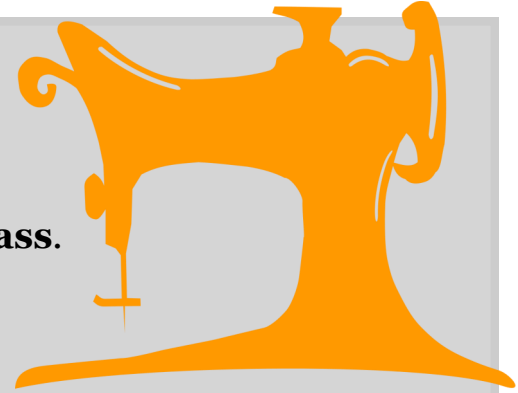
You are responsible for items that you need to take camping. This includes but NOT LIMITED TO: your medications, personal hygiene items, snacks, comfort items such as blankets, pillows, sleeping bag (anything that will make you feel more comfortable). **You will need to bring your lunch for Tuesday the 29th.** The meals for the next two days will be provided by the center. You will have to pay for additional food.

Sewing Class Information

Sewing has become one of the most popular class at our center. Unfortunately it's also one of the most limited classes. We only can provide space and materials for **6 people per class**. We know it's small but there are reasons for the limit:

1. **These classes are more time consuming. It's hard to finish the projects in time.**
2. **We only have 6 sewing machines. If we have people sharing machines, it takes longer for both people to finish the project. If you own a sewing machine, you're allowed to bring it. However it won't create additional spots for other people.**

Starting September, classes on Friday will be for more advanced projects and reserved for those consumers that can do those projects. Wednesdays will be for beginners and first timers (we will also note which class is which on the calendar). We think this will help in making sure everyone who wants to attend a class will have the opportunity to.



Annual BBQ

Date: Wednesday, August 9th

Time: 5:00-7:00 PM

Place: Paul Reams Wilderness Park

1600 W. 500 N., Provo.

We'll be serving all kinds of grilled goodies. You can bring guests, we just need to know how many you will be bringing.

We will have **Limited Transportation** so try to come on your own or have someone bring you.

If you are bringing guests, we can't offer transportation to them.

PLEASE CALL TO RESERVE STARTING JULY 31 to let us know you are coming.



ART SHOWCASE!

On September 27, we'll be hosting an "American Disability Act" anniversary party, honoring the history of how the ADA came to be and what's its done for people with disabilities (more details later on).

We're planning an art show featuring work done by you guys for this event! It could be from an one of our Arts & Crafts class or a personal project. We're asking for visual art works like paintings, sculptures, photography, etc. Submissions are due by September 15th. We're only accepting a limited number of submissions.

Juab & Sanpete Counties

WE WILL BE CLOSED:

July 4th for Independence Day.

July 24th for Pioneer Day.

We will be partnering with the other centers for a camping trip on **August 29-31**. This year we will be in American Fork Canyon. **If you want to attend please let me know as soon as possible** so we have a count of how many is going.

Please remember **you are responsible for all the items that you need to take camping**. This includes but NOT LIMITED TO: your medications, personal hygiene items, snacks you want, comfort items including blankets, pillows, sleeping bag (In short anything that will make you feel more comfortable). **You will need to bring your lunch for Tuesday the 29th**. The meals for Wednesday and Thursday will be provided by the center.

We will also be going to the Annual BBQ in Utah County on Wednesday, August 9th. Please call to let me know you want to come.

NOTE: The items in **Blue** are for the Youth Group only.

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



July 2017

Monday	Tuesday	Wednesday	Thursday
3 Shopping 11 AM	4 OFFICE CLOSED	5 NO YOUTH CLASS	6
10	11	12 Youth: AQUARIUM	13
17	18 Shopping - 10:30	19 Youth: CLASS	20 Food Bank – Noon
24 OFFICE CLOSED	25	26 Youth: MOVIE	27
31			

August 2017

Monday	Tuesday	Wednesday	Thursday
	1	2 Aspire 5:30	3 Shopping 10:30
7	8	9 Annual BBQ	10
14	15 Shopping 10:30	16	17 Food Bank Noon
21	22	23	24
28 No Classes	29 CAMPING	30 CAMPING	31 CAMPING

Spotlight: Carol Skinner

Hello! I moved from Las Vegas to Utah five years ago with my daughters. I was in the medical field as a Licensed Practical Nurse for 28 years but I had some health challenges and retired early. I've been volunteering at Ability 1st Utah for 4 years. I've helped raised awareness and funding for the annual race. I also teach the sewing class, which I am so glad I get to do since sewing is one of my passions.

I love getting involved, working with people with disabilities, and helping them realize their potential. I'm so blessed to have this opportunity to share my time and help others



Thank You!

Ability 1st Utah Staff

Sandra Curcio
Jhilma Miranda
Deon Anderson
Cynthia Gonzalez
Shelly Pitchforth
Janine Culver
Wendy Hansen
Kathy Tucker
Bryce Harper
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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

Ability 1st Utah

Return Service Requested

