

Ability 1st Utah

A VOICE OF OUR OWN

ADA Celebration!

WHEN: Wednesday, Sept. 13th
from 5:30-7:30 PM

WHERE: Fulton Library.
800 W. University Parkway,
Orem, Utah



The 'American with Disabilities Act' was signed into law in 1990. We're thrilled to co-host with UVU a special event in recognizing this event that has improved the lives of people with disabilities all over the country. Various organizations such as Voting Access, UVU Accessibility, and UTA are attending. The Mayor of Orem will be there to sign a Proclamation of the ADA.

Light refreshments will be served. It'll be held at UVU's Fulton Library. **You can RSVP starting September 5th.** Call to let us know that you are coming and if you are bringing guests. Transportation is LIMITED so try to find a ride of your own. We will not provide transportation for guests.

DIRECTIONS/PARKING

- ≠ Head west on 800 S. and turn left at 1200 West.
- ≠ Turn left on Event Drive Center.
- ≠ Drive down to the parking section labeled L4 (closest to the Fulton library)

There'll be signs inside to help guide you to where it'll be held in. Parking is free **AFTER 5** so try not to get there before.



*September-
October 2017*

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We'll be Closed:

**Monday,
September 4th**

LABOR DAY



**TRANSPORTATION
IS ONLY FOR THE**



**CLASSES
AT OUR
OFFICE.**



Juab & Sanpete Counties

A FEW FRIENDLY REMINDERS:

If you need personal transportation and you have no one else you can call, please try to schedule that appointment on a day we'll be transporting already (For example try to make a doctor's appointment in the afternoon of a shopping day).

By scheduling in this way we can more efficiently use fuel and time when we are providing transportation to consumers.

We will again be providing transportation to consumers who need to get flu/pneumonia/shingles shots in the Sanpete and Juab counties.

For the flu shot to do the most good, you need to get it done early in the season. If you have Medicare/Medicaid, your insurance will cover the cost of the shot.

Wendy Hansen
(435) 283-4949
(435) 340-1145
85 West 100 North
Ephraim UT, 84627



The office will be **CLOSED**
on **Monday, September 4th**
in observance of Labor Day.



September 2017

Tuesday	Wednesday	Thursday
5 Shopping	6	7
12	13 Food Bank- Noon	14
19 Shopping	20	21
26	27	28



October 2017

Tuesday	Wednesday	Thursday
3 Shopping	4	5
10	11 Bowling 11-2	12
17 Shopping	18	19
24	25 Food Bank- Noon	26 Halloween Party—Provo 11-2
31		

Portado de Su Voz

El Rinconcito

ADA Celebracion

Cuando: 13 de Septiembre

Tiempo: 5:30-7:30 PM

Lugar: 800 Norte University Pkwy Orem UT

Estamos contentos por tener una fiesta especial para celebrar la "Ley de los Discapacitados". Varias organizaciones estarán allí. El alcalde de Orem estará allí para firmar una Proclamación del ADA.

Comida será servida. Esta localizada en la Biblioteca Fulton de UVU. Usted puede confirmar a partir del 5 de septiembre. Llame para hacernos saber que usted estará participando y si usted está va a traer familia y amigos. El transporte es limitado así que trate de encontrar un transporte por su cuenta. No podemos transportar los huéspedes. Se puede parquear gratis después de las 5 pm.



Direcciones/Estacionamiento

≠ Vaya al oeste en **800 Sur** y gire a la izquierda en **1200 Oeste**.

≠ Gire a la izquierda en el **Event Drive Center**.

≠ Continúe conduciendo hasta el estacionamiento marcado "**L4**", cerca del "**Fulton Library**".

Queremos Todos Ayuden Con Nuestra Carrera!

Dile A Tus Amigos

Grupos de 4 o más reciben un descuento de \$ 2 por persona!

Más grande grupo,
Más grande descuento!

Desea ser Voluntario?:

Contactar Cynthia a
(801) 373-5044 o
cynthia@ability1stutah.org

Pre-Registración:

Ability 1st Oficina
491 N Freedom Blvd.
Provo, UT

Ahora Hasta el 8 de Septiembre

Por Internet:

www.ability1stutah.org

Día De Carrea:

2225 Oeste 620 Norte
Provo Ut a 7 AM.

Estamos Cerrados el 4 de Septiembre para el Labor Day

Actividades de Sept. & Oct.

SEPT. 6- ABOCOVIA: Tenemos 2 presentadores: **-Centro Hispano:** Ellos vendrán a hablar sobre su organización.

-Brian Thompson: Él hablará sobre la boleta electoral para el condado de Utah.

SEPT. 19- COSTURA: Esta clase es para principiantes de costura. **Sólo 6 lugares están disponibles.**

SEPT. 14- FERIA: Iremos a la **Feria del Estado de Utah en Salt Lake**. Tomaremos el sistema Front-runner y Trax para llegar allí. **¡El transporte del Frontrunner es limitado así que venga por sus propios medios!**

SEPT. 26-ETIQUETA SOCIAL: Vamos a tener un presentador enseñar sobre **qué decir y qué evitar en la configuración social/de grupo.**

SEPT. 29- COSTURA AVANZADA- Solamente para estudiantes de costura AVANZADOS. **¡NO HAY TRANSPORTE!**

OCT. 3- ORGANIZACIÓN/PLANIFICACIÓN: Aprenderemos cómo **planear con anticipación** y habilidades para ayudarlo a **mantenerse organizado.**

OCT. 11- CLÍNICA DE SILLAS DE RUEDAS: Tendremos un representante de **MedSource Mobility** viene y **nos mostrará diferentes maneras para mantener su silla eléctrica** y cómo solucionar pequeños problemas que pueden afectar a su silla

OCT. 12- PARQUE ZOOLOGICO: Saldremos del centro a las 10 de la mañana. **Transportaremos al zoológico pero el transporte al centro está LIMITADO!**

OCT. 19TH- PERROS DE TERAPIA: "Animales de Terapia de Utah" estarán aquí con sus perros de terapia.

SEPT. 29- COSTURA AVANZADA- Solamente para estudiantes de costura AVANZADOS. **¡NO HAY TRANSPORTE!**

(Class Times May Vary)

September 2017

Monday	Tuesday	Wednesday	Thursday	Friday
Si quiere venir a una clase, llame a la oficina cada Lunes para averiguar lo que viene. Puedes encontrar más información sobre las clases en la página 3.				1 Call for Next week's classes & State Fair
4 <u>OFFICE WILL BE CLOSED FOR LABOR DAY</u>	5	6 Advocates First/ Abogacía: 11- 1	7	8 Last Day To Sign Up For The Race!
11 RSVP For: Shopping ADA State Fair	12 Shopping/ Compras	13 ADA Celebration/ Fiesta: 5:30-7:30 PM	14 State Fair/ Faira	15
18 RSVP For: Sewing Cooking	19 Beginning Sewing Class/ Clase de Costura Fácil: 11-1	20 Cooking Class/ Clase de cocina: 12-2	21	22
25 RSVP For: Social Etiquette Computer Sewing	26 Social Etiquette class/ Clase de Etiqueta social: 12-2	27 Computer Class/ Clase de Computadora: 12-2	28	29 Advanced Sewing/ Costura avanzada 11-1

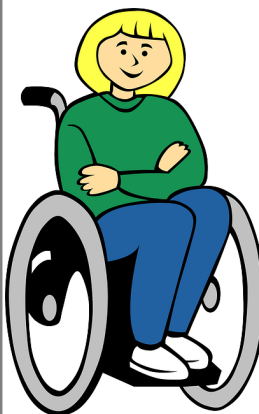
Halloween Party!

WHEN: October 26th from 11-2**WHERE:** 1122 N. Grandview Ln
Provo, Utah**RSVP:** Starting October 16th

Lunch will be served. We will have activities and prizes to hand out.

You can wear your costumes but NO MASKS! **Transportation is LIMITED!**

Powerchair Clinic

Wednesday, October 11th

If you have questions or concerns about your chair, this is the class for you!

We have a representative from MedSource Mobility coming to show us different ways to help maintain your powerchair and how to fix small problems and issues that can affect your powerchair.

October 2017

(Class Times May Vary)

Monday	Tuesday	Wednesday	Thursday	Friday
2 RSVP For: Organization Advocates First Hogle Zoo	3 Organization & Planning Skills/ Organización & Planificación	4 Advocates First/ Abogacía: 11- 1	5	6 Advanced Sewing/Costura Avanzada 11-1
9 RSVP For: Shopping Wheelchair clinic Hogle Zoo	10 Shopping/ Compras	11 Wheelchair clinic/Clínica de Sillas de Ruedas: 12-2	12 Hogle Zoo/ Parque Zoológico	13
16 RSVP For: Hygiene • Cooking Therapy Animals Halloween Party	17 Hygiene/ Clase de Higiene: 12-2	18 Cooking Class/ Clase de cocina: 12-2	19 Therapy Animals/Animales de la Terapia 10-11:30	20
23 RSVP For: Arts & Crafts UTA Training Halloween Party	24 Arts & Crafts/ Manualidades Y Artes: 12-2	25 UTA Training/ Clase de Trans- porte Publico 12-2	26 Halloween Party/Fiesta de Halloween: 11-2	27
30 RSVP For: Cultural Aware. Advocates First	31 Cultural Awareness/Clase de Conciencia Cultural: 12-2	HOGLE ZOO TRIP: We leave the center at 10 AM. We'll be transporting to the zoo but transportation to the center is LIMITED! Try to		



September & October Activities

Sept. 6 – Advocates First: We have both **Centro Hispano** coming to talk about their organization and **Brian Thompson** from the **Utah County Clerks Office** teach us about voting for this election season.

Sept. 14– Utah State Fair: We'll be going to the Utah State Fair in Salt Lake. We're taking the Frontrunner and Trax system to get there. **Transportation to the Front Runner is limited so try to meet us at the station by your own! Time TBA.**

Sept. 19 – Sewing (Beginner): This class is for beginning sewing students. Only 6 spots available.

Sept. 26– Social Etiquette: We have a presenter coming to discuss about topics to talk about and avoid in social/group settings.

Sept. 19 – Sewing (Advanced): This is reserved for ADVANCED sewing students. **NO TRANSPORTATION!**

Oct. 3 – Organization/Planning: We'll learn skills for planning ahead and to help keep you organized.

Oct. 6 – Sewing (Advanced): This is reserved for ADVANCED sewing students. **NO TRANSPORTATION!**

Oct. 19 - Therapy Animals of Utah will be here with some of their therapy dogs.



YOUTH VORTEX



September 2017

Tuesday	Wednesday	Thursday
5 Donna's East Bay Class: 10 AM	6	7 Older Youth: 10 East Bay: 12
12 Donna's East Bay Class: 10 AM	13 ADA Celebration	14 Utah State Fair
19 Donna's East Bay Class: 10 AM	20	21 Older Youth: 10 East Bay: 12
26 Donna's East Bay Class: 10 AM	27	28 Older Youth: 10 East Bay: 12



October 2017

Tuesday	Wednesday	Thursday
3 Donna's East Bay Class: 10 AM	4	5 Older Youth: 10 AM East Bay: 12
10 Donna's East Bay Class: 10 AM	11	12 Hogle Zoo
17 Donna's East Bay Class: 10 AM	18	19 Older Youth: 10 AM East Bay: 12
24 Donna's East Bay Class: 10 AM	25	26 Halloween Party: 11-2
31 Donna's East Bay Class: 10 AM		

IMPORTANT:

**We will be closed
Monday, September
4th in Observance
of Labor Day**

CALL ON MONDAYS!

**We need to know if you
are coming to class and if
you need us to transport
you to the office!**

We'd love to have more of the youth participate in our classes on a regular basis. Please contact Olivia to see which of the weekly IL classes would be the best fit for you.

HALLOWEEN PARTY!!

Where: 1122 North Grandview Lane Provo, Utah

From: 11AM -2PM

When: October 26

Lunch will be served.

Costumes are allowed
but NO MASKS!



For an individual lesson call:

Olivia Siegel

Office: (801) 850-5565

Cell: (385) 375-1370

olivia@ability1stutah.org

LAST CHANCE TO JOIN OUR RACE!

VOLUNTEER OPPORTUNITES:

Contact Cynthia at (801)373-5044 or at cynthia@ability1stutah.org

Different Duties:

- Race Bag Set up • Set up Water Stations
- Setting Up Staging & Course • Registration
- Directing runners • Supervise water stations

GROUP DISCOUNT!

Groups of at least 4 can get a discount of \$2 per person! The bigger the group, the bigger the discount!

Don't Forget Our 1k Kids Fun Run with Munchkin Radio!

WE WANT TO REACH OUR GOAL OF 200 RUNNERS/WALKERS!

Sign Up Now!

Pre-Registration: Now Until September 8 at 3 PM.

Mail in/Drop off in person
491 N Freedom Blvd. Provo Ut, 84601
Online: www.ability1stutah.org

Same Day Registration:

September 9 at 7 AM.
2225 West 620 North
Provo, UT

We Need Everyone's Support!

A Big Welcome To Our Two New Staff Members!

Maribel Fraustro

Hola! I'm the new Outreach Coordinator, ADA Specialist and Job Coach. I was born and raised in Monterrey, Mexico. I came to the USA in 2006 and lived in Texas, then moved to Utah in 2013 for my children to attend college here. I became a part of the Ability 1st Utah team in Mid-July and I feel so blessed for the opportunity to serve others.

BRET GUERCIO

Hello! I'm the new Life Skills Trainer/IL Case Manager. I studied both Psychology and Biology and worked in a research lab in Logan. I love being out doors but I'm also a movie buff. If you want to talk about favorite directors, I'm your man. I'm excited to get to know the consumers and staff at Ability 1st Utah. If you need anything all you have to do is ask!



Ability 1st Utah has been listed on Amazon as a charity. You can pick us as your charity to donate to. The best part is it won't cost you anything! Just make sure when you make a purchase you log into smile.amazon.com and Amazon will donate 0.5% of eligible purchases to us! Spread the word! Just sign into your Amazon account at smile.amazon.com and search for **Ability 1st Utah**. It's that easy.

IF YOU WANT TO BE A PART OF THIS GREAT PROGRAM:

- 1) Sign in to smile.amazon.com on your desktop or mobile phone browser.
- 2) From your desktop, go to "Your Account" from the navigation at the top of the page.
- 3) Select the option "Change your Charity" to "**Ability 1st Utah**".

PHONE OR TABLET: Select "Change your Charity" to "**Ability 1st Utah**" from the options at the bottom of the page.

For more information about the Amazon Smile program, go to <http://smile.amazon.com/about>.

Ability 1st Utah Staff

Sandra Curcio
Jhilma Miranda
Deon Anderson
Shelly Pitchforth
Janine Culver
Wendy Hansen
Kathy Tucker
Bryce Harper
Cheryl Campbell
Maria Ramirez
Olivia Siegel
Maribel Fraustro
Bret Guercia
Trisha Nielson
Cynthia Gonzalez

491 North
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Provo, Utah

Phone: (801) 373-5044
Fax: (801) 373-5094
Toll Free:
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*To integrate, build, and
strengthen abilities for all
individuals with
disabilities.*

Vision~



491 N. Freedom Blvd.
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www.ability1stutah.org

Return Service Requested

Promoting Independence for People with Disabilities

Ability 1st Utah