

# Ability 1st Utah

## A VOICE OF OUR OWN

NOVEMBER-DECEMBER 2017		December/Diciembre	Pg 5
Juab & Sanpete	Pg 2	Youth Vortex	Pg 6
Spanish Page/Espanol	Pg 3	Holiday Party/Fiesta	Pg 7
November/Noviembre	Pg 4	Smiths	Pg 8

**Potential Business Hours Change:**  
Call the office for details.

### Thank You!

To all the businesses that generously sponsored and provided donations for our race. Thank you for supporting Ability 1st Utah in our efforts to make an impact on the lives of people with disabilities. A big **CONGRATULATIONS** to all the participants that made the **Run, Walk & Roll 5k-10k race**, and **1K Kids Fun Run** a success. Ability 1st Utah truly appreciates your continued support.

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\*Smiths \*Classic Skating & Fun Center \*Malawi's Pizza \*Los Hermanos \*Harmons  
\*Carol Skinner \*Sandra Curcio



## The Office will be closed:

Nov. 3rd: Staff Training

Nov. 10th: Veterans Day

Nov. 23-24th: Thanksgiving Break

Dec. 25-29th: Christmas Break

Jan. 1st: New Years'

(Please make note of these days so if you need something I'm around to help you.)

We have some shockingly fun activities planned for November and December. I'm so excited that we have a joint activity planned with the Salt Lake Center, a dance on the 9th of November. Our last dance was so much fun. I hope that we get a bus full because this dance will be fun too!

It wouldn't be Christmas time without our annual trip to Festival of Trees and the Temple Square Lights. See PG 4 for more details.

**HEAT Assistance Program:** It begins Nov. 1, 2017. If you got HEAT assistance last year, you can probably get it again this year.

**Call Dorothy Spens at (435) 835-2831** to get an appointment scheduled. If you need transportation to your appointment, call to schedule that with me.



## Wendy Hansen

**Office Phone:**

**(435) 283-4949**

**Cell Phone:**

**(435) 340-1145**

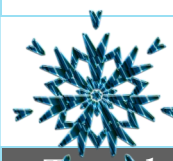
**85 West 100 North  
Ephraim, UT 84627**

**We've scheduled activities with  
the Provo Office.  
Call to reserve your seat.**

## November 2017



Tuesday	Wednesday	Thursday
	1	2
7 Shopping	8	9 SLC Dance
14	15	16 Bowling
21 Shopping	22	23 CLOSED
28	29	30 Festival of Trees - SLC



## December 2017

Tuesday	Wednesday	Thursday
5 Shopping	6 Holiday Party—Provo Office	7
12	13	14 Movie Day
19 Shopping	20 Food Bank	21
26 CLOSED	27 CLOSED	28 CLOSED

# El Rinconcito

## Portado de Su Voz



### Fiesta de Navidad

¡Queremos todos se unan con nosotros y celebren esta época del año!

#### DIA & HORA:

Miercoles 6 de Diciembre.  
5:30 P.M.-7:30 P.M.

#### LUGAR:

Utah Valley Convention Center.  
220 Oeste Center Street, Provo.

**ESTACIONAMIENTO:** La mayoría de la calle es gratis después de 5 PM. Para más opciones de estacionamiento:

[www.utahvalleyconventioncenter.com/parking](http://www.utahvalleyconventioncenter.com/parking)

#### PARA RESERVAR

\*Llame la Oficina: (801)-373-5044  
Antes de Lunes Noviembre 20!

\*Digamos si van a traer invitados o necesitan transporte.

\*TRANSPORTACION ES LIMITADA:

Traten de venir con alguien o por sus propios medios. No podemos transportar invitados.

#### IMPORTANTE!

Tome precauciones contra la gripe. Si viene a una actividad, mantenga sus manos limpias y cúbrase la boca cuando tosa/estornude o use una máscara estéril.

Si se siente enfermo y está registrado para una actividad, NO VEN!

#### Estamos Cerramos:

Nov. 3: Entrenamiento

Nov. 10: Día de Veteranos

Nov. 23-24: Thanksgiving

Dic. 25-29: Navidad

Ene. 1: El Nuevo Año

#### ACTIVIDADES EN NOVIEMBRE

Nov. 1: Abogacia

Nov. 7: Compras

Nov. 9: BAILE EN SALT LAKE- Vamos a ir a un Baile en Salt Lake. Hora: 1-3. Iremos antes de las 12 PM.

Nov. 14: Clinica de Sillas- Vamos a tener un representante de Medsource para arreglar sillas do poder que tengan problemas.

Nov. 15: Costura- NO MAS DE 6 PERSONAS! No vamos a pausar para almorzar.

Nov. 28: Computación

#### ACTIVIDADES EN DICIEMBRE

Dic. 5: Compras- Iremos a Burlington y Ross para comprar regalos de navidad.

Dic. 12: Clinica de Sillas: Clinica de Sillas: Vamos a tener un representante de Medsource para arreglar sillas do poder que tengan problemas.

Dec. 13: Costura- NO MAS DE 6 PERSONAS! No vamos a pausar para almorzar.

Dic. 14: Artes- Vamos a hacer regalitos. Si puedes, pedimos una donación de \$ 5 para ayudar con costos.

Dic. 19: Día de Cine.


Dic. 20: Boliche -Vamos a Fat Cat's Bowling en la intersección de University Avenue y Bulldog Blvd en Provo. Si puedes, intenta llegar por tus propios medios.

Dic. 21: Animales de Servicio- TENTATIVAMENTE



# November 2017

(Class Times May Vary)

Monday	Tuesday	Wednesday	Thursday	Friday
<b>IHOP FUNDRAISING DAY!</b> Go to <a href="http://www.groupraise.com/events/40724">www.groupraise.com/events/40724</a> & register by Nov. 13th for IHOP Day on Nov. 17th and help donate money to our agency! Call the office for information!		<b>1 Advocates First/ Abogocia:</b> <b>11-1</b>	<b>2</b>	<b>3 CLOSED- Staff Training/CERRADO - Entrenamiento</b>
<b>6 RSVP FOR</b> SLC Dance Holiday Party IHOP Day	<b>7 Shopping/ Compras</b>	<b>8</b>	<b>9 SLC Dance/Baile en SLC</b> <b>1-3 PM</b>	<b>10 CLOSED- Veterans Day/ CERRADO- Dia de Veteranos</b>
<b>13 RSVP FOR:</b> Powerchar Clinic Sewing Class IHOP Day	<b>14 Powerchair Clinic/Clínica de Sillas de Poder</b> <b>12-2</b>	<b>15 Sewing/Clase de Costura</b> <b>11-1</b>	<b>16</b>	<b>17 IHOP Fundraiser Day: From 1-8</b> <b>Call for more info.</b> <b>NO TRANSPORT!</b>
<b>20 NO CLASSES THIS WEEK!</b> <b>LAST DAY TO RSVP FOR HOLIDAY PARTY</b>	<b>21</b>	<b>22</b>	<b>23 Closed/Cerrado</b> <i>Happy Thanksgiving!</i>	<b>24 Closed/Cerrado</b> 
<b>27 RSVP FOR:</b> Computer Cooking Festival of Trees	<b>28 Computer Class/ Computación</b> <b>12-2</b>	<b>29 Cooking –limit 10/Clase de Cocina -Limita de 10</b> <b>12-2</b>	<b>30 Festival of Trees/Festival de Arbols</b>	

**We're Closed On These Days:**

**November 3rd:**  
Staff Training

**November 10th:**  
Veteran's Day

**November 23rd-24th:**  
Thanksgiving Break

**December 25th– 29th:**  
Christmas Break

**January 1st:**  
New Years Day



## FESTIVAL OF TREES & TEMPLE LIGHTS! THURSDAY, NOV. 30TH

It's our yearly trip to see the Festival of Trees at the SLC Expo Center and Temple Square Lights! **Dress warmly since it'll be cold and snow is possible.** Bring food or money for food. (We'll be near City Creek Center and you can purchase food there). **LIMITED TRANSPORTATION.** Call to reserve starting Nov. 27th. We're using UTA Trax to go from the Festival to Temple Square.



# December 2017

(Class Times May Vary)

Monday	Tuesday	Wednesday	Thursday	Friday
<b>IMPORTANT!</b> Take precautions against the Cold/Flu Virus. If you're coming to an activity, keep your hands clean and cover your mouth when coughing/sneezing or wear a sterile mask. <b>If you're sick and signed up for an activity, CANCEL ASAP and DON'T COME!</b>				1
4 <b>RSVP FOR:</b> Xmas Shopping	5 Xmas Shopping/ <b>Compra para Navidad</b>	6 Holiday Party-- Page 7 <b>Fiesta de Navidad-</b> <b>Pagina 3</b>	7	8
11 <b>RSVP FOR:</b> Powerchair Clinic Sewing Class Arts & Crafts	12 Powerchair Clinic/ <b>Clínica de Sillas de Poder:</b> 12-2	13 Sewing/ <b>Clase de Costura:</b> 11-1	14 Arts & Crafts/ <b>Manualidades y Artes:</b> 12-2	15
18 <b>RSVP FOR:</b> Movie Bowling Therapy Animals	19 Movie Day/ <b>Dia de Cine:</b>	20 Fat Cat's Bowling/ <b>Boliche</b> 12-2	21 <b>TENTATIVE!!</b> Therapy Animals	22
25 Closed/ <b>Cerrado</b>	26 Closed/ <b>Cerrado</b>	27 Closed/ <b>Cerrado</b>	28 Closed/ <b>Cerrado</b>	29 Closed/ <b>Cerrado</b>
<h1>HAPPY HOLIDAYS!</h1>				

## NOVEMBER ACTIVITIES

**Nov. 1: Advocates First**

**Nov. 7: Shopping**

**Nov. 9: UILC DANCE:** The Utah for Independent Living Center is throwing a winter dance at their center. **TIME: 1-3. We plan to leave no later than 12 PM and will try to be back by 4.**

**Nov. 14: Powerchair Clinic--** Medsource will come and work on powerchairs that need a quick fix and give advice on maintenance.

**Nov. 15: Sewing Class-- 6 CONSUMER LIMIT!**  
All skill levels can attend. No lunch break.

**Nov. 28: Computer Class**

## DECEMBER ACTIVITIES

**Dec. 5: Xmas Shopping--** Burlington and Ross

**Dec. 12: Powerchair Clinic--** Medsource will come and work on powerchairs that have problems and give advice on maintenance.

**Dec. 13: Sewing Class-6 CONSUMER LIMIT!** All skill levels can attend. No Lunch.

**Dec. 14: Arts & Crafts:** We're making small crafts that can be used as gifts. If you can, we ask for a \$5 donation to help with costs.

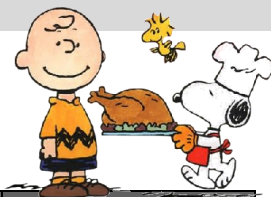
**Dec. 20: Fat Cat's Bowling--**Transportation is limited so try to meet us there on your own (Intersection of Bulldog Blvd and University Avenue in Provo).

**Dec. 21: Therapy Animal Training Class (TENTATIVE)**



# YOUTH VORTEX

## November 2017



	Wednesday	Thursday
	1	2 Older Youth: 10 AM East Bay: 12
7 Donna's EB Class: 10 AM	8	9 SLC Dance
14 Donna's EB Class: 10 AM	15	16 Older Youth: 10 AM East Bay: 12
21 No Classes	22 No Classes	23 CLOSED
28 Donna's EB Class: 10 AM	29	30 Festival of trees

## SALT LAKE ACTIVITIES

### TRIPS TO SALT LAKE:

- Utah Independent Living Center Dance (info on pg. 5)
- Festival of Trees & Temple Square Lights: SLC Expo Center and Temple Square (pg. 4)

Dress appropriately.  
It could be cold or possibly snowing.  
Bring food or money for food.

### We'll be Closed:

Nov. 3: Staff Training  
Nov. 10: Veterans Day  
Nov. 23-24: Thanksgiving  
Dec. 25-29: Christmas Break  
Jan. 1: New Years'

## December 2017



Tuesday	Wednesday	Thursday
5 Donna's EB Class: 10 AM	6	7 Older Youth: 10 AM East Bay: 12
12 Donna's EB Class: 10 AM	13	14 Older Youth: 10 AM East Bay: 12
19 No Classes	20 No Classes	21 Therapy Animals— <b>TENTATIVE</b>
26 OFFICE CLOSED	27 OFFICE CLOSED	28 OFFICE CLOSED

### 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)

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



# 2017 Holiday Party

We want every one of you guys to join us celebrating this festive time of year!

**Date:** Wednesday, December 6th.

5:30 P.M-7:30 P.M.

Dinner will be served.

**Place:** Utah Valley Convention Center. 220 West Center Street, Provo.

**Parking:** Most street parking is free after 5 PM. Other parking options:  
[www.utahvalleyconventioncenter.com/parking](http://www.utahvalleyconventioncenter.com/parking)

## How to R.S.V.P.

\*Call the office: (801)-373-5044

**BEFORE November 20th!**

We need a confirmed number of guests.

\*Let us know if you are **bringing guests or need transportation from us.**

\***LIMITED TRANSPORTATION:**

Try to come by your own or with someone.

**We won't give transportation to guests.**

## Say Hello to Our Newest Staff Member!



My name is Trisha Nielson.

I joined the Ability 1s Utah team in August and I'm

here as an Executive Admin.

Assistant . I love working with non-profit organizations. I have lived in Provo since 2001.

I received a degree in Secondary Education from BYU. I have three beautiful children and love spending time with them. They're a real joy. I love attending uplifting events and reading good books. I'm happy to be here!

## Personal Responsibility

We've had issues with consumers coming to trips unprepared for their personal needs. This can be dangerous. Consider the following actions:

\*Bring any and all medication you are taking or will need.

\*Powerchair users need to bring their charger. If you are in a manual wheelchair and will need assistance, please bring someone with you to help with your self care/mobility needs.

\*Unless specified, we don't provide meals. If you have a health condition which you need to eat, such as Diabetes or Glycaemia, bring food/money for food.

\*If you need additional accommodations, let us know.



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

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

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Toll Free: (877) 421-4500

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

*~Vision~*

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[www.ability1stutah.org](http://www.ability1stutah.org)

Promoting Independence for People with Disabilities

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