### November-December 2017

<table>
<thead>
<tr>
<th>English</th>
<th>Spanish</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Juab &amp; Sanpete</td>
<td>Youth Vortex</td>
<td>Pg 5</td>
</tr>
<tr>
<td>Spanish Page/Esplanol</td>
<td>Holiday Party/Fiesta</td>
<td>Pg 6</td>
</tr>
<tr>
<td>November/Noviembre</td>
<td>Smiths</td>
<td>Pg 7</td>
</tr>
</tbody>
</table>

**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.

---

**We Appreciate Our Sponsors!**

*Central Bank*  *America First Credit Union*  *Zions Bank*  *Dannon*  *Boondocks*  *Discount Tires*  *Molina Healthcare*  *Vivint*  *Deer Valley Resort*  *Utah Community Credit Union*  *Chick Fil-A*  *Marriot Hotel*  *Vision Wear*  *Texas Roadhouse*  *Olive Garden*  *Utah Grizzlies*  *Scheels*  *Alphagraphics*  *Ridley’s Family Grocery*  *Mr. Mac*  *Chuck-A-Rama*  *Denny’s*  *Les Schwab Tires*  *Medsource*  *McMullin’s Orchard*  *IFA*  *Performance Mobility*  *Honeybaked Ham*  *Seven Peaks Waterpark*  *Home Depot*  *Wood Connection*  *Goodwood BBQ*  *CAL Ranch*  *Rodizio Grill*  *Costco*  *Applebee’s*  *Utah College of Massage Therapy*  *Sizzler’s*  *Scera Shell Theater*  *Starbucks*  *Heber Valley Historic Railroad*  *Hale Center Theater Orem*  *Outback Steakhouse*  *Lowe’s*  *Smiths*  *Classic Skating & Fun Center*  *Malawi’s Pizza*  *Los Hermanos*  *Harmsons*  *Carol Skinner*  *Sandra Curcio*
We’ve scheduled activities with the Provo Office. Call to reserve your seat.

### November 2017

<table>
<thead>
<tr>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>7 Shopping</td>
<td>8</td>
<td>9 SLC Dance</td>
</tr>
<tr>
<td>14</td>
<td>15</td>
<td>16 Bowling</td>
</tr>
<tr>
<td>21 Shopping</td>
<td>22</td>
<td>23 CLOSED</td>
</tr>
<tr>
<td>28</td>
<td>29</td>
<td>30 Festival of Trees - SLC</td>
</tr>
</tbody>
</table>

### December 2017

<table>
<thead>
<tr>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 Shopping</td>
<td>6 Holiday Party—Provo Office</td>
<td>7</td>
</tr>
<tr>
<td>12</td>
<td>13</td>
<td>14 Movie Day</td>
</tr>
<tr>
<td>19 Shopping</td>
<td>20 Food Bank</td>
<td>21</td>
</tr>
<tr>
<td>26 CLOSED</td>
<td>27 CLOSED</td>
<td>28 CLOSED</td>
</tr>
</tbody>
</table>

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

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
Para Reservar

*LLame la Oficina: (801)-373-5044 Antes de Lunes Noviembre 20!
*Diganos 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.

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

Para la Celebración de Navidad, queremos que 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

### ESTABLECIMIENTOS:

Fiesta de Navidad

*Fecha: Diciembre 6
*Hora: 5:30 PM - 7:30 PM
*Lugar: Utah Valley Convention Center

**Nota**

IMPORTANTE!

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

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

### ACTIVIDADES EN NOVIEMBRE

- **Nov. 1:** Abogocia
- **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 representate 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: Clinca de Sillas: Vamos a tener un representate 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:** Dia 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 Servico- TENTATIVAMENTE
### November 2017

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
</table>
| IHOP FUNDRAISING DAY!  
Go to [www.groupraise.com/events/40724](http://www.groupraise.com/events/40724) & register by Nov. 13th for IHOP Day on Nov. 17th and help donate money to our agency! Call the office for information! | 7Shopping/Compras | 1 Advocates First/Abogocia: 11-1 | 2 | 3 CLOSED- Staff Training/CERRADO- Entrenamiento |

6 RSVP FOR  
SLC Dance  
Holiday Party  
IHOP Day

7 Shopping/Compras | 8 | 9 SLC Dance/Baile en SLC 1-3 PM | 10 CLOSED– Veterans Day/CERRADO– Dia de Veteranos |

13 RSVP FOR:  
Powerchair Clinic  
Sewing Class  
IHOP Day

14 Powerchair Clinic/Clínica de Sillas de Poder 11-1 | 15 Sewing/Clase de Costura 11-1 | 16 | 17 IHOP Fundraiser Day: From 1-8 Call for more info. NO TRANSPORT! |

20 NO CLASSES  
THIS WEEK!  
LAST DAY TO RSVP FOR HOLIDAY PARTY

21 | 22 | 23 Closed/Cerrado  
Happy Thanksgiving! | 24 Closed/Cerrado |

27 RSVP FOR:  
Computer  
Cooking  
Festival of Trees

28 Computer Class/Computación 12-2 | 29 Cooking –limit 10/Clase de Cocina-Limita de 10 12-2 | 30 Festival of Trees/Festival de Arbols |

---

**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.

---

**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
## December 2017

(Class Times May Vary)

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>IMPORTANT!</strong></td>
<td></td>
<td></td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>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. <strong>If you’re sick and signed up for an activity, CANCEL ASAP and DON’T COME!</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>4 RSVP FOR:</strong> Xmas Shopping</td>
<td><strong>5 Xmas Shopping/Compra para Navidad</strong></td>
<td><strong>6 Holiday Party–Page 7 Fiesta de Navidad-Pagina 3</strong></td>
<td>7</td>
<td>8</td>
</tr>
<tr>
<td><strong>11 RSVP FOR:</strong> Powerchair Clinic Sewing Class Arts &amp; Crafts</td>
<td><strong>12 Powerchair Clinic/Clínica de Sillas de Poder:</strong> 12-2</td>
<td><strong>13 Sewing/Clase de Costura:</strong> 11-1</td>
<td><strong>14 Arts &amp; Crafts/Manualidades y Artes:</strong> 12-2</td>
<td>15</td>
</tr>
<tr>
<td><strong>18 RSVP FOR:</strong> Movie Bowling Therapy Animals</td>
<td><strong>19 Movie Day/Dia de Cine:</strong></td>
<td><strong>20 Fat Cat’s Bowling/Boliche 12-2</strong></td>
<td><strong>21 TENTATIVE!! Therapy Animals</strong></td>
<td>22</td>
</tr>
<tr>
<td><strong>25 Closed/Cerrado</strong></td>
<td><strong>26 Closed/Cerrado</strong></td>
<td><strong>27 Closed/Cerrado</strong></td>
<td><strong>28 Closed/Cerrado</strong></td>
<td><strong>29 Closed/Cerrado</strong></td>
</tr>
</tbody>
</table>

**HAPPY HOLIDAYS!**

---

### 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)
<table>
<thead>
<tr>
<th>November 2017</th>
<th>Wednesday</th>
<th>Thursday</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
<td>2 Older Youth: 10 AM East Bay: 12</td>
</tr>
<tr>
<td>8</td>
<td>7 Donna’s EB Class: 10 AM</td>
<td>9 SLC Dance</td>
</tr>
<tr>
<td>15</td>
<td>14 Donna’s EB Class: 10 AM</td>
<td>16 Older Youth: 10 AM East Bay: 12</td>
</tr>
<tr>
<td>21 No Classes</td>
<td>22 No Classes</td>
<td>23 CLOSED</td>
</tr>
<tr>
<td>29</td>
<td>28 Donna’s EB Class: 10 AM</td>
<td>30 Festival of trees</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>December 2017</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 Donna’s EB Class: 10 AM</td>
<td>6</td>
<td>7 Older Youth: 10 AM East Bay: 12</td>
<td></td>
</tr>
<tr>
<td>13</td>
<td>12 Donna’s EB Class: 10 AM</td>
<td>14 Older Youth: 10 AM East Bay: 12</td>
<td></td>
</tr>
<tr>
<td>20 No Classes</td>
<td>19 No Classes</td>
<td>21 Therapy Animals—TENTATIVE</td>
<td></td>
</tr>
<tr>
<td>27 OFFICE CLOSED</td>
<td>26 OFFICE CLOSED</td>
<td>28 OFFICE CLOSED</td>
<td></td>
</tr>
</tbody>
</table>

**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’

**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

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 1st 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.
You can donate to our agency when you shop at Smith’s!

1. Go to smithsfoodanddrug.com/inspire

2. **Sign into you account** or create an Account if you don’t have one.

3. **Link your Rewards Card to our organization:**
   - Enter our organization’s number **SX024**.
   - You can also type in “Ability 1st”, click ‘Search’, select our agency and choose “Save”.

4. Every time you shop at Smith’s with your Rewards Card, they’ll donate 0.5% of your total purchase to our agency.

---

**Ability 1st 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

491 North Freedom Blvd.
Provo, Utah 84601
Phone: (801)373-5044
Fax: (801) 373-5094
Toll Free: (877) 421-4500