

Ability 1st Utah

A VOICE OF OUR OWN

JANUARY-FEBRUARY 2018

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New Center Hours:

Mon-Thus: 7:30-4:30

Fri: 7:30-1:30

CAPiTal tRiPS

WE'RE ATTENDING TWO EVENTS IN SALT LAKE CITY!

ADVOCACY TRAINING

**Wednesday, January 17
10 AM -2 PM.**

We are going to the Capital to learn about how to speak for yourself when it comes to your rights.

Lunch will be provided by the Utah Statewide Independent Living Council.

**TRANSPORTATION IS
LIMITED FOR BOTH TRIPS!
PLEASE CALL EARLY TO RESERVE!**

TOUR OF THE CAPITOL

Jan. 25th: 10 AM– 4 PM

Come tour around the capitol, visit the Senate House, see a legislative session, and learn about how bills are made and passed. We'll provide lunch at the Capitol Cafeteria.

LCPD RECEPTION

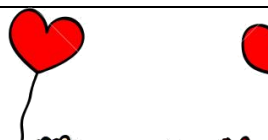
Jan. 25th: 4:30 PM-6:30 PM

It's the yearly **Legislative Coalition for People with Disabilities** Reception! Come greet your local representatives. There will be light refreshments.



YOUTH VORTEX

January 2018

| Tuesday | Wednesday | Thursday |
|-------------------------------|--|---|
| 2 | 3 | 4 Older Youth: 10 East Bay: 12 |
| 9 Donna's EB Class: 10 AM | 10 | 11 Older Youth: 10 East Bay: 12 |
| 16 Donna's EB Class: 10 AM | 17 Advocacy Training- SLC (Front Pg) | 18 Older Youth: 10 East Bay: 12 |
| 23 Donna's EB Class: 10 AM | 24 | 25 LCPD Reception- SLC (Front Pg) |
| 30 Donna's EB Class: 10 AM | 31 |  |

February 2018

| Tuesday | Wednesday | Thursday |
|-------------------------------|-----------|---------------------------------------|
| | | 1 Older Youth: 10 East Bay: 12 |
| 6 Donna's EB Class: 10 AM | 7 | 8 Older Youth: 10 East Bay: 12 |
| 13 Donna's EB Class: 10 AM | 14 | 15 Older Youth: 10 East Bay: 12 |
| 20 Donna's EB Class: 10 AM | 21 | 22 Older Youth: 10 East Bay: 12 |
| 27 Donna's EB Class: 10 AM | 28 | |

We'll be Closed:

Jan. 1– New Years Day

Jan. 15—MLK Jr. Day

Feb. 19– President's Day

IMPORTANT!

You need to call us on Mondays if you want to come to class that week.

We need to account for everyone if we are doing an activity that's outside of the office or meeting at another location.

There are a few trips to Salt Lake City in January that both Adults and Youth can attend. Please read on the front page for complete information.

**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)

Youth Coordinator

Olivia Siegel

Office: (801) 850-5565

Cell: (385) 375-1370

olivia@ability1stutah.org

El Rinconcito

Portado De Su Voz

Vamos Estar Cerrado:

Lunes, Enero 1
Lunes, Enero 15
Lunes, Febrero 19

Si quiere que tengamos una clase de algo que desea aprender, o si tiene alguna sugerencia sobre cómo enseñamos nuestras clases, por favor avísenos. Agradeceríamos comentarios constructivos.

Juego de Hockey!

Feb. 19 a las 1:30 PM
Maverick Center, West Valley

Hay transport limitado!
Si quides ir, puedes
reservar desde Feb. 5.

¡Actividades en Salt Lake City!

ENTRENAMIENTO

El 17 de Enero

DE ABOGOCIA

10 AM-2 PM

Vamos a la capitolio para aprender cómo hablar por ti mismo cuando se trata de tus derechos.

El almuerzo será provisto por el Consejo de Vida Independiente del Estado de Utah

RECORRIDO POR EL CAPITOLIO

El 25 de Enero
10 AM-4 PM

RECEPCIÓN EN EL CAPITOLIO

El 25 de Enero
4:30 PM-6:30 PM

Venga a ver el capitolio, visite la Casa del Senado, vea una sesión legislativa y aprenda cómo se hacen y se aprueban los proyectos de ley. Vamos a ofrecer el almuerzo en la Cafetería del Capitolio.

¡Y mas tarde es la recepción de la Coalición Legislativa para Personas con Discapacidad! Venga a saludar a sus representantes locales. Habrá refrescamientos.

ACTIVIDADES DE ENERO

Enero 3: Sesión de Abogocia

Enero 9: Compras

Enero 10: Costura— Limitado a 6 personas.
No habrá descanso para el almuerzo.

Enero 11: Computadora— No tranportacion.

Enero 23: Ven y dinos qué tipo de clases nos ofreces!

Enero 30: Clinica de Sillas de Ruedas.

Enero 31: Clase de Habilidades de Transición

ACTIVIDADES DE FEBRERO

Feb. 6: Compras

Feb. 7: Sesión de Abogocia

Feb. 13: Boliche

Feb. 14: Curso de construcción de relaciones.

Feb. 15: Computadora— No transportacion.

Feb. 20: Artes



Feb. 21: Clase de Habilidades de transición

Feb. 27: Cocinar— Límite de 10 personas

Feb. 28: Costura— Limitado a 6 personas.
No habrá descanso para el almuerzo.

January 2018

(Class May Vary)

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|---|
| 1 Office Closed  | 2 | 3 Advocates First/ Abogocia 11-12:30 | 4 | 5 WRW: Cover Letters/Resume. 9-10 |
| 8 CALL TO SIGN UP FOR CLASSES THIS WEEK AND NEXT WEEK! | 9 Shopping/ Compras | 10 Sewing/ Costura 11-1 | 11 Computer/ Computacion 2-3:30—no transport | 12 WRW: Job Search. 9-10 |
| 15 Office Closed  | 16 | 17 Advocacy Training—SLC (front Page) | 18 | 19 |
| 22 CALL TO SIGN UP FOR CLASSES THIS WEEK! | 23 IL Skills Class Meeting 11-1 | 24 | 25 LCPD Reception – SLC (See Front Page) | 26 WRW: Interview Skills & Networking. 9-10 |
| 29 CALL TO SIGN UP FOR CLASSES THIS WEEK! | 30 Wheelchair Clinic/Silla de Ruedas: 12-2 | 31 Life Transition/ Habilidades de Transición 12-2 | LLAMA CADA LUNES SI QUEIRES VIENRE A LOS CLASSES! | |

Work Ready Workshops

We'll be hosting **Work Ready Workshops (WRW)** on Fridays from 9 AM-10 AM. Janine and Bret will take turns teaching different topics each week, with time afterwards to use the computers. Please RSVP on Mondays.

We can not provide transportation so you will have to come by your own means. We have 5 computers so we can only accommodate for 5 consumers. However, if you bring your own laptop, we can add you to the class if its full.



February 2018

(Class Times May Vary)

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|-------------------------------------|--|---|---|
| For the Grizzlies Hockey Game, You can reserve your spot starting February 5th. Deadline to Reserve is February 14th! | | | 1 | 2 WRW: Cover Letters/Resume. 9-10 |
| 5 CALL TO SIGN UP FOR CLASSES THIS WEEK AND HOCKEY GAME! | 6 Shopping/ Compras | 7 Advocates First/ Abogacia 11-12:30 | 8 | 9 WRW: Job Search. 9-10 |
| 12 CALL TO SIGN UP FOR CLASSES THIS WEEK AND NEXT WEEK! | 13 Bowling/ Boliche | 14 Relationship Building/Clase sobre la Relación 12-2 | 15 Computer/Computacion 2-3:30—no transport | 16 |
| 19 Grizzlies Game/Juego de Hockey (See Pg 5)/ Pagina 3 | 20 Arts & Crafts/ Artes: 12-2 | 21 Life's Transition/Habilidades de Transición 12-2 | 22 | 23 WRW: Interview Skills & Networking. 9-10 |
| 26 CALL TO SIGN UP FOR CLASSES THIS WEEK! | 27 Cooking/ Cocinar 12-2 | 28 Sewing/Costura 11-1 | Para el Juego de Hockey, puedes reservar despues del 5 de febrero. ¡Llama antes de el 14 de febrero! | |

JANUARY ACTIVITIES

Jan. 3: Advocates First Meeting

Jan. 9: Shopping

Jan. 10: Sewing— 6 Consumers Only. No Lunch Break.

Jan. 11: Computer Class— NO TRANSPORT

Jan. 23: IL Skills Meeting— Come and let us know what kind of classes you want us to offer and what we can do to better your experience.

Jan. 30: Wheelchair Clinic

Jan. 31: Life Transition Course

FEBRUARY ACTIVITIES

Feb. 6: Shopping

Feb. 7: Advocates First Meeting

Feb. 13: Fat Cat's Bowling.

Feb. 14: Relationship Building Course

Feb. 15: Computer. NO TRANSPORT!

Feb. 20: Arts & Crafts

Feb. 21: Life Transition Skills

Feb. 27: Cooking— 10 Consumer Limit

Feb. 28: Sewing— 6 Consumers. No Lunch.



I joined Ability 1st in November and I'm happy to be here. I lived in Utah until 8th grade, when we moved to D.C and then Boise, where I met my husband. We even lived across the street from each other. 4 years later we got married and raised 7 children.

I've been to Ricks College, Boise State, and BYU. I've taught Special Ed, Elementary Math, and learned braille to work with the seeing impaired. We came to Utah so my husband can work at his dream job. I understand how he feels when I'm with students that enjoy what is being taught. When they smile it lets me know they understand the lesson and that makes me happy. I know I'm working for a good cause and making a difference their lives. I love being with my kids, grandchildren, good friends and coworkers like here at Ability 1st. Thank you for letting me be a part of this team!

FEEDBACK WANTED!

We're always trying to improve ourselves for you guys. That's why we are asking for your input and feedback!

If you want to learn a skill or have any suggestion about how we teach our classes, please let us know.

We'd appreciate constructive feedback.

Grizzlies Hockey Game!



The Utah Grizzlies are celebrating "Ability Day"!

Game Time:

Feb. 19th, 2018 @ 1:30

Location:

Maverick Center, West Valley

Come see the Grizzlies and help promote inclusivity. Transportation is limited. You can reserve your seat **starting Feb. 5th.**



We Are Closed:

Jan. 1– New Year's Day

Jan. 15—MLK Jr. Day

Feb. 19– President's Day

The legislative reception is scheduled for January 25th. We'll provide transportation for the consumers to attend and visit with their legislators at the Capitol during the 2018 Session. If you'd like to come, please let me know.

On February 27th we're having a crafting class. This class will be a little different though. Bring with you any type of craft you enjoy doing. We'll work on crafts, having some snacks, and talking with each other. This way we can connect with one another in peer support doing something we all enjoy. Please come and join us. I'll provide transportation for this activity.

Wendy Hansen

Phone: (435) 283-4949

Cell: (435) 340-1145

85 West 100 North

Ephraim, UT 84627



We have scheduled activities with consumers from the Provo Office. Call me to reserve your seat on the bus.



January 2018

| Tuesday | Wednesday | Thursday |
|---------------------|-----------|-----------------------------------|
| 2 | 3 | 4 Shopping– 9:30 |
| 9 | 10 | 11 |
| 16 | 17 | 18 Food Bank—Noon |
| 23 | 24 | 25 LCPD Reception 4:30-6:30 |
| 30 Bowling– 12-2 | 31 | |



February 2018

| Tuesday | Wednesday | Thursday |
|--------------------------|----------------------|------------------|
| | | 1 |
| 6 Shopping - 9:30 | 7 | 8 Movie Night |
| 13 | 14 Shopping— 9:30 | 15 |
| 20 | 21 | 22 |
| 27 Craft Class – 12-2 | 28 | |

CONSUMER SPOTLIGHT!

Josh Taylor has met many of his goals and is continuing to increase his independence.

He's obtained a power wheelchair of his own and has freedom of mobility around his home and community. Josh uses a UTA pass which he uses regularly for transportation. He also participates in our IL classes which have helped him increase his ability to care for himself in regards to health, safety, and communication.

A recent achievement is that he's working as an Pre-Employment Peer Mentor for the WIOA program. He visits high schools and teaches students in Special Ed. classes about topics like the transition from high school to the workplace and job readiness skills.

It's exciting to see his growth and experience his optimism and contagious smile as he continues to succeed.



Josh Taylor

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
Shauna Parks
Trisha Nelson
Josh Taylor
Cynthia Gonzalez

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



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Promoting Independence for People with Disabilities

Ability 1st Utah

Return Service Requested