

Ability 1st Utah

A VOICE OF OUR OWN

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**March-
April 2018**

LCPD Reception!



THE WHOLE GANG!

In January, consumers spent the day at the Utah State Capitol and learned about the legislation process. This adventure included walking around the capitol, observations of meetings, training on how to approach representatives, and more.

The day ended with the LCPD Reception where many people had the chance to discuss issues and concerns with various senators in attendance. Many issues were addressed which made the day a true success! Thanks to all who came!

If you'd like be part of our group, we meet on the first Wednesday of each month at Ability 1st Utah from 12:30-2:00pm

TAX SEASON



The last day to file your 2017 taxes is

TUESDAY APRIL 17TH.

If you need assistance, here are some local organizations that can help.

PROVO COMMUNITY PARTNERSHIP CENTER

817 South Freedom Blvd, Provo

Tuesdays & Wednesdays 6pm-9pm

Thursdays 9am-12pm

Saturdays 9am-3pm

Appointments Only.: **801-850-6013**

KIDS ON THE MOVE

475 West 260 North, Orem

Tuesday from 2-5 PM

Appointment Only.

801-221-9930

For other resources, go to
utahtaxhelp.org, or call United Way
at **211** for more information about
more locations near you.

SOUTH FRANKLIN COMMUNITY CENTER

770 South 700 West, Provo

Thursday from 5:15-8PM

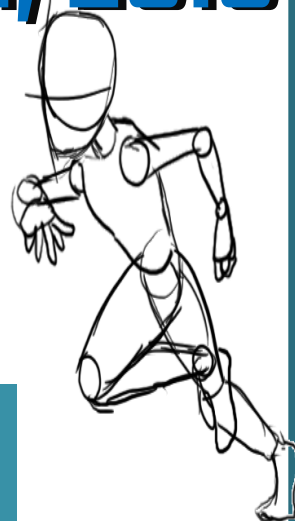
Appointment Only. **801-374-2588**

SATURDAY, SEPTEMBER 8TH, 2018

SAVE THE DATE

Our 16th Annual Run, Walk, & Roll 5/10k Race!

Go to www.ability1stutah.org
for details and registration.



El Rinconcito

IMPORTANTE!

Muchos miembros del personal estarán fuera de la oficina **Abril 9-11** para una conferencia. Vamos a estar abierto, pero los horarios de trabajo serán limitados. No tendremos clases esa semana.

Tendremos un Baile!

Cuando: El 26 de Abril. 11-2.

Lugar: 1122 N. Grand Avenue, Provo.

¡Invitamos a otros centros, así que ven a conocer a consumidores de otras ciudades!

El transporte es limitado así que intente venir por sus propios medios.



NECESITA AYUDA CON LOS IMPUESTOS?

**EL ÚLTIMO DÍA PARA HACER SUS
IMPUESTOS ES EL 17 DE ABRIL.**

Llama **Centro Hispano (801 655 0258)** para hacer una cita.

O puedes visita **utahtaxhelp.org** para mas lugares que pueden ayudar.

ACTIVIDADES EN MARZO

3/6: Tendremos una reunión sobre qué clases quieres que ofrezcamos.

3/7: Abogacia

3/8: Boliche— NO TRANSPORTACION

3/13: Compras

3/14: Tendremos a la recién elegida **Alcaldesa de Provo, Michelle Kaufusi**, venga y hable con nosotros sobre lo que ha planeado para su mandato.

3/20: Clase de Yoga

3/21: Costura— No mas de 6 personas.

3/22: Clase de Computadora—
NO TRANSPORTACION

3/27: Clase de Silla de Poder

3/38: Clase de Lenguaje de Señas

ACTIVIDADES EN ABRIL

4/3: Compras

4/4: Abogacia

4/5: Boliche— NO TRANSPORTACION

4/17: Cocina— No mas de 10 personas.

4/18: Costura— No mas de 6 personas.

4/24: Artes— No mas de 12 personas.

(Class Times
May Change)

MARCH 2018



Monday	Tuesday	Wednesday	Thursday	Friday
LLAMA CADA LUNES SI QUEDES VIENRE A LOS CLASES!			1	2
5 CALL TO RSVP FOR CLASSES	6 IL Class Planning	7 Advocates First – Training 12:30-2	8 Bowling 12-2 NO TRANSPORT	9
12 CALL TO RSVP FOR CLASSES	13 Shopping/ Compras	14 Mayor Visit/ Alcadesa 12-2	15	16
19 CALL TO RSVP FOR CLASSES	20 Yoga 12-2	21 Sewing/ Costura 11-1	22 Computer Class 2-3:30 NO TRANSPORT!	23
26 CALL TO RSVP FOR CLASSES	27 Wheelchair Clinic/Silla de Ruedas 12-2	28 Sign Language 12-2	29	30



Olivia Siegel will be leaving us on March 2nd. We've loved having her as part of our team here at Ability 1st Utah, and we appreciate all that she did the youth. We all will miss her greatly!!! Thank you for what you've contributed to the Youth Program.

SPRING FLING DANCE!

WHEN: April 26th from 11-2 PM.
WHERE: 1122 N. Grand Avenue in Provo.

We're inviting other IL centers so come meet consumers from other counties! **Transportation is limited** so try to come by your own means.





APRIL 2018

(Class Times
May Change)

Monday	Tuesday	Wednesday	Thursday	Friday
2 CALL TO RSVP FOR CLASSES	3 Shopping/Compras	4 Advocates First/Abogacia 12:30-2	5 Bowling 12-2 NO TRANSPORT	6
9	10	11	12	13
MOST OF THE STAFF WILL BE OUT OF THE OFFICE FROM APRIL 9-11 FOR OUR ANNUAL IL CONFERENCE. WE'LL BE OPEN BUT THE BUSINESS HOURS WILL BE LIMITED. WE WON'T HAVE ANY CLASSES THIS WEEK.				
16 CALL TO RSVP FOR CLASSES	17 Cooking/Cocinar 12-2	18 Sewing/ Costura 11-1	19	20
23 CALL TO RSVP FOR CLASSES	24	25 Arts & Crafts/ Artes 12-2	26 Spring Fling/ Baile 11-2 (Pagina 3)	27
30 CALL TO RSVP FOR CLASSES				

MARCH ACTIVITIES

3/6: IL Planning Meeting

3/7: Advocate First– Training for those who want to be involved in the group.

3/8: Bowling– It'll be at Fat Cats. No Transport available.

3/13: Shopping

3/14: SPECIAL GUEST: We have Provo Mayor Kaufusi as a guest speaker.

3/20: Yoga Class

3/21: Sewing– 6 consumers Only.

3/22: Computer Class- 4 consumers. NO

TRANSPORT.

3/27: Wheelchair Clinic- Medsource will come to answer questions about your powerchair.

3/38: American Sign Language Class

APRIL ACTIVITIES

4/3: Shopping

4/4: Advocates First

4/5: Bowling– It'll be at Fat Cats. No Transport available.

4/17: Cooking– Limit to 10 consumers.

4/18: Sewing– Limit of 6 consumers.

4/24: Arts & Crafts– Limit 12 consumers



YOUTH VORTEX

March 2018



Tuesday	Wednesday	Thursday
		1 Older Youth: 10 East Bay: 12
6 Donna's EB: 10 AM	7	8 Older Youth: 10 East Bay: 12
13 Donna's EB: 10 AM	14	15 Older Youth: 10 East Bay: 12
20 Donna's EB: 10 AM	21	22 Older Youth: 10 East Bay: 12
27 Donna's EB: 10 AM	28	29 Older Youth: 10 East Bay: 12

IMPORTANT

MOST OF THE STAFF WILL BE OUT OF THE OFFICE FROM APRIL 9-11 FOR OUR ANNUAL IL CONFERENCE.

WE WON'T HAVE ANY CLASSES THAT WEEK.

Come and meet Bret, the new Youth Coordinator starting in March!

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:

Bret Guercio
Office: (801) 850-5565
Cell: (385) 375-1370
bret@ability1stutah.org

April 2018



Tuesday	Wednesday	Thursday
3 NO CLASSES	4	5 Bowling (see page 5)
10 NO CLASSES	11	12 NO CLASSES
17 Donna's EB: 10 AM	18	19 Older Youth: 10 East Bay: 12
24 Donna's EB: 10 AM	25	26 Spring Fling



**THE OFFICE WILL BE CLOSED FROM
APRIL 9 - 11 FOR OUR ANNUAL IL
CONFERENCE. WE WON'T HAVE ANY
CLASSES THAT WEEK.**

If you still haven't applied for the **HEAT Assistance Program**, there is still time left. You can contact **Dorothy Spens** at [\(435\) 835-2831](tel:(435)835-2831) in Manti. The HEAT program can help with your heating, gas, or electric bills. If we don't use this resource, we can lose this program.

If you need transportation for a doctor's appointment, please try to schedule it during one of the days that we are transporting for another activity. We can save a lot of money and time by combining trips rather than taking the van randomly every day.

Also if you need to go shopping, **we'll only provide transport for shopping on the days indicated on the calendar.** This helps our agency save money.

On Movie Nights, we'll purchase the ticket and you can purchase popcorn, treats and drinks on your own. Movies are a great activity and a fun way to connect with other consumers. Don't let these opportunities pass.

We also will have the chance of going to the Provo Office for a Spring Fling Dance! Call if you are wanting to come along!



Wendy Hansen

Phone: (435) 283-4949

Cell: (435) 340-1145

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

**KEEP AN EYE OUT FOR OUR
SUMMER ACTIVITIES LIKE:
Camping – Annual BBQ– And More!**



March 2018

Tuesday	Wednesday	Thursday
		1
6 Shopping— 9:30 AM	7	8
13 Bowling 12-2	14	15 Food Bank— Noon
20 Shopping— 9:30 AM	21	22 Movie Night
27 Craft Class— 12-2	28	29

April 2018

Tuesday	Wednesday	Thursday
3 Shopping— 9:30 AM	4	5
10 OFFICE CLOSED	11 OFFICE CLOSED	12
17 Shopping— 9:30 AM	18	19 Food Bank— Noon
24	25 Movie Night	26 Spring Fling— Provo

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

If you want us to have a class on something you want to learn or have



any suggestion about how we teach our classes, please let us know. We appreciate constructive feedback.

Ability 1st Utah Staff

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

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

*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