

# Ability 1st Utah

## A VOICE OF OUR OWN

May-June 2018

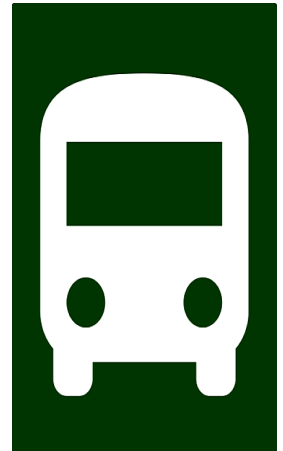
## TRANSPORTATION NEWS!

This summer we will be transporting the summer youth consumers and we'll be limited in the amount of transportation that we can offer for the regular class. If you want to attend a class, **try to find a way of getting to the center before asking for transportation from us.** Either UTA, family or friend dropping you off, etc.

### RESOURCES FOR PERSONAL TRANSPORTATION:

- \* Utah Valley Rides (Free) 801 471 0601
- \* UTA Paratransit (\$4 per ride) 801 374 9306

If you live in the outer regions of Utah County, such as Payson or Alpine, we can also pick you up at an alternate location closer to our center.



## SAVE THE DATE!

We are prepping for our annual 5/10K race! The contributions from the race goes to the IL classes, youth group, activities, and so much more! We will have medals for different divisions and prize drawings. We also have our 1K Kids Fun Run! We might also be able to offer transportation if enough interest builds up.



**September 8th, 2018**  
**Registrations @ 7:30**  
**2225 West 620 North, Provo**



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To register go to  
[www.ability1stutah.org](http://www.ability1stutah.org)

# Welcome Kristen Ray!

Hello! I'm the new Life Skills Trainer/Community Integration Coordinator. I studied Sociology at BYU. I enjoy going to movies, plays, and comedy shows. My favorite sport is soccer.

I was here last year while filming promotional videos for Ability 1<sup>st</sup> Utah, and I am excited to be working here now!



## **PLANETARIUM: JUNE 27<sup>TH</sup>**

We'll be using the Frontrunner/UTA Trax system. Try to meet us at one of the stations:

**Provo Station: By 9:20**

**Orem Station: By 9:30**

**American Fork: By 9:40**

Please bring what you will need for the whole day (medication, money, food, power chair charger, etc.). Also wear walking shoes since we will be up and about all day.

# Consumer Spotlight!

Hi! My name is Chetty Pino! I like to do different activities that I can get up and move around. I play Basketball, Softball, Volleyball and Bowling for the Special Olympics. I also like to do ballroom dancing.

I've been coming to Ability 1st Utah for about 2 years. I enjoy the IL skill classes that have helped me with my independence. I really like the cooking and sewing classes. Ability 1st have also helped me find a job!

I am working on my sewing skills so I can help assist with the class someday.



# El Rinconcito

## Portado de Su Voz

### TRANSPORTACION!

El transporte puede tomar mucho tiempo. Este verano, estaremos limitados en la cantidad de transporte que podemos ofrecer.

Si quieres venir a una clase, trata de encontrar la manera de llegar al centro antes de pedirnos transporte. Podría ser UTA, una familia o un amigo que te traiga aquí.

#### TRANSPORTE PERSONAL

Utah Valley Rides (Gratis) :  
801 471 0601

UTA Paratransit (\$4 cada viaje):  
801 374 9306

Si vives en las regiones del condado de Utah, como Payson o Alpine, también podemos recogerte en un lugar más cercano a nuestro centro.

### ¡NUESTRA CARRERA ANUAL SE ACERCA!

Sábado, Septiembre 8, 2018  
2225 W. 620 N. Provo.



¡Ven y apoya a nuestra organización! Las contribuciones de la carrera se utilizarán para las clases de IL, grupo de jóvenes, actividades y mucho más.

¡Tenemos medallas para diferentes divisiones, sorteos de premios y mucho más!

¡No te olvides de la carrera para niños!



### MAYO

**5/1- Yoga:** Traer un tapete de yoga o una toalla.

**5/2- Abogocía:** Tenemos la oportunidad de probar el nuevo sistema de autobus. Nos reuniremos en el centro a las 11 AM. Al mediodía, vamos a ir a la estación de Provo y volveremos a las 2 PM.

**5/3- Preparación y planificación de comidas.**

**5/8- Compras**

**5/9- Costura:** 6 consumidores.

**5/15- Cocina:** 10 consumidores

**5/16- Jardin:** 10 consumidores.

**5/22- Película.**

**5/30- Clase de planificación financiera.**

### JUNIO

**6/13- Costura:** 6 consumidores

**6/14- Computadora:** No transportacion!

**6/20- Zoológico:** Planeamos estar en el zoológico a las 11 AM, así que encuéntrenos en el centro a las 9:45 AM. Tenemos transporte muy limitado, así que traten de reunirse con nosotros en el centro por su cuenta.

**6/27- Museo de Planetas:** Vamos a usar el UTA train/Trax para irnos. Trate de reunirse con nosotros en una de las estaciones:

**Provo:** A las 9:20 AM


**Orem:** A las 9:30 AM

**American Fork:** A las 9:40 AM

**Para los viajes,** estaríamos afuera todo el día así que traigan lo que necesitarán.

(Class Times May Vary)

**May 2018**

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1 Yoga</b> <b>Consumer Teacher</b> <b>1-2</b> <b>Limited Transport</b> <b>(Pagina 3)</b>	<b>2 Advocates First/</b> <b>Abogocía</b> <b>11-2</b> <b>(Pg 8/Pagina 3)</b>	<b>3 Meal Prep &amp;</b> <b>Planning</b> <b>2-3</b> <b>NO TRANSPORT!</b>	<b>4 Work Prep</b> <b>Workshops</b> <b>9-10</b> <b>NO TRANSPORT!</b>
<b>7 CALL TO RSVP</b> <b>FOR CLASSES</b>	<b>8 Shopping/</b> <b>Compras</b> <b>(pagina 3)</b>	<b>9 Sewing/Costura</b> <b>11-1</b>	<b>10</b>	<b>11 Work Prep</b> <b>Workshops</b> <b>9-10</b> <b>NO TRANSPORT!</b>
<b>14 CALL TO RSVP</b> <b>FOR CLASSES</b> <b>(LIMITED</b> <b>TRANSPORT)</b>	<b>15 Cooking/</b> <b>Cocinar</b> <b>12-2</b> <b>(pagina 3)</b>	<b>16 Gardening/</b> <b>Classe de Jardin</b> <b>12-2</b> <b>Consumer Teacher</b>	<b>17 Bowling</b> <b>12-2</b>	<b>18</b>
<b>21 CALL TO RSVP</b> <b>FOR CLASSES (this</b> <b>week &amp; next</b> <b>week)</b>	<b>22 Movie Day/</b> <b>Pelicula</b> <b>(pagina 3)</b>	<b>23 Advocates First</b> <b>Training</b> <b>12-1:30 -FOR AF</b> <b>OFFICERS ONLY</b>	<b>24 Disability and</b> <b>Acceptance</b> <b>12-2</b>	<b>25 Work Prep</b> <b>Workshops</b> <b>9-10</b> <b>NO TRANSPORT</b>
<b>28 OFFICE CLOSED</b> 	<b>29</b>	<b>30 Budgeting Class</b> <b>12-1</b> <b>(Pagina 3)</b>	<b>31</b>	

### May Activities

**5/1- Yoga:** Please bring mat or towel.

**5/3- Meal Prep & Planning:**

**5/8- Shopping**

**5/9- Sewing:** Limit 6 consumers.

**5/15- Cooking:** Limit 10 consumers.

**5/16- Gardening:** Limit 10 consumers.

**5/22- Movie Day**

**5/30- Budgeting Class**

### June Activities

**6/13- Sewing:** Limit 6 Consumers

**6/14- Computer Class:** No Transport!

**6/28- Organizational Planning-** No Transport!

### DISABILITY & ACCEPTANCE

We will have a guest speaker for some of our classes.

Renee Pavlus, a motivational speaker, will come and talk about acceptance and mindfulness when it comes to having a disability, either physical, mental, or emotional.

### Dates:

May 24th @ 12-2

June 5th @ 12-2

June 7th @ 12-2





# June 2018

(Class Times May Vary)

Monday	Tuesday	Wednesday	Thursday	Friday
<b>PLEASE NOTE THE DAYS WHERE TRANSPORTATION WILL NOT BE OFFERED OR LIMITED!</b>				1
4 <b>CALL TO RSVP FOR CLASSES (LIMITED TRANSPORT)</b>	5 Disability and Acceptance 12-2	6 Advocates First/ Abogocía: 12-1:30 (Pg 8/Pagina 8)	7 Disability and Acceptance 12-2	8 Work Prep Workshops 9-10 <b>NO TRANSPORT</b>
11 <b>CALL TO RSVP FOR CLASSES &amp; HOGLE ZOO!</b>	12	13 Sewing/ Costura: 11-1 <b>LIMITED TRANSPORT</b>	14 Computer Class <b>NO TRANSPORT</b>	15
18 <b>CALL TO RSVP FOR CLASSES/ HOGLE ZOO!</b>	19	20 Hogle Zoo- (Below/pagina 3)	21	22 Work Prep Workshops 9-10 <b>NO TRANSPORT</b>
25 <b>CALL TO RSVP FOR CLASSES</b>	26	27 Planetarium (Page 2/pagina 3)	28 Organizational Planning <b>NO TRANSPORT</b> (pagina 3)	29 Work Prep Workshops 9-10 <b>NO TRANSPORT</b>

## HOGLE ZOO TRIP

WE NEED EVERYONE TO BE AT THE CENTER AT 9:45 AM!

WE HAVE LIMITED PERSONAL TRANSPORTATION SO **TRY TO MEET US AT THE CENTER ON YOUR OWN!**

We'll pay the entrance fee but **LUNCH IS NOT INCLUDED**. You will need to bring money for food or bring a lunch with you. You will also need money if you want to purchase any souvenirs.

**It's an all day trip! Make sure to bring what you need** (medication, an attendee, charger for power chair, money etc.). If you need other accommodations, let us know.





# YOUTH VORTEX

## May 2018

Tuesday	Wednesday	Thursday
1 East Bay: 12	2	3 Older Youth:10 East Bay: 12
8 East Bay: 12	9	10 (no transport) Older Youth:10 East Bay: 12
15 <b>NO CLASSES</b>	16	17 <b>NO CLASSES</b>
22 <b>NO CLASSES</b>	23	24 <b>NO CLASSES</b>
29	30 Rec Center/ Introduction	31 Movie & Mall Trip

## June 2018

Tuesday	Wednesday	Thursday
5 ←	6 (NO CLASSES) NINJA Conference	7 (NO CLASSES) →
12	13 Nickle City/ Budgeting	14 Deseret Industry
19	20 Hogle Zoo (Center @ 9:45)	21 Cooking & Shopping Class
26	27 Planetarium (Frontrunner)	28 Tie Dye

**We'll be closed Monday,  
May 28th for Memorial Day**

### SUMMER YOUTH PROGRAM!

**IT'S THAT TIME OF YEAR!**

**HERE'S WHAT YOU NEED TO KNOW:**

- > Activities will be from 10-2.
- > Wednesday activities will be shared with another Youth Program.
- > Be appropriately dressed for each activity (I.E., for Tie Dye, wear clothes you can get paint on).
- > Call every Monday to confirm you are coming or if you need transportation

**You need to fill out the application and turn it in by May 23rd.** You can pick one up at our office. We have a limited number of spots so if we fill up, we will start a waiting list.

**PARENTS:** We are looking for volunteers to come and assist with the activities. If you are interested in chaperoning, we would like all the help we can get.

**TRANSPORTATION:** If you are able to drop off/pick up your child at the center, that would be a huge help to us. We can also pick them up at an alternate location close to Provo.

### SLC Activities

**HOGLE ZOO: Read Page 5 for Details**  
**PLANETARIUM: Read Page 2 for Details**

**Questions or Concerns:**

**Bret Guercio**

**Office: (801) 850-5565**

**Cell: (385) 375-1370**

**bret@ability1stutah.org**



## Juab & Sanpete Counties

Welcome to late Spring &  
Summertime!

As usual we can provide some limited transportation for doctor appointments and other transportation needs.

Please be sure to call enough in advance and we can schedule that transport.

We will be again going camping this August. We will be going back to American Fork Canyon, so if you went last year you are familiar with that location.

If you're interested in going camping, please let me know so we can put your name on the list.

**Wendy Hansen**  
**(435) 283-4949**  
**85 North 100 West**  
**Ephraim, UT 84627**  
**wendy@ability1stutah.org**



**We'll be closed**  
**Monday, May 28th**  
**for Memorial Day**

## May 2018

Tuesday	Wednesday	Thursday
1	2	3 Shopping
8	9 Bowling 12-2	10
15 Shopping	16	17
22	23	24
29	30	31

## June 2018

Tuesday	Wednesday	Thursday
5	6 Shopping	7
12	13	14 Bowling 12-2
19 Shopping	20 Zoo -With Provo Center	21
28	27	28

# Advocates First



We want to thank  
the new Mayor of  
Provo, **Michelle  
Kaufusi**, for  
meeting with us  
back in March!

**May 2:** We get to test out the new Bus Rapid Transit (BRT) system coming to the Orem-Provo area. We will meet at the center at 11. At Noon, we will head over to the Provo frontrunner to get on the BRT and be back around 2.

**May 23:** We will have a training for the officers of Advocates First

**June 6:** We will meet at 12-1:30. We may use paratransit for transportation.

We will not meet in July.

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

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

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Fax: (801) 373-5094**

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



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Promoting Independence for People with Disabilities

*Ability 1<sup>st</sup> Utah*

*Return Service Requested*