

Ability 1st Utah

A VOICE OF OUR OWN

January-February 2019

Salt Lake Trips!

LEGISLATIVE & ADVOCACY TRAINING

Thursday, January 24 from 10 AM -2 PM.

We're going to the Capital to learn how to advocate for yourself and for your rights. Lunch will be provided by the Utah Statewide Independent Living Council.

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THE ANNUAL LCPD RECEPTION

January 31st from 4:30 PM-6:30 PM

Come and meet your local representatives.

There will be light refreshments.

Try to meet us at the center by 3:30.

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



State Plan Focus Group Wanted!

January 10 from 12-2.

The Utah Statewide Independent Living Center will be here to host a state plan focus group. They want to hear your thoughts about your community and what needs to improve for those with disabilities.

NEW EMPLOYEES!

DARREN SPENCER- VAN DRIVER

I grew up in American Fork. I loved playing baseball and basketball for my high school team. I've travel all around the U.S., just admiring the beautiful country we live in.

One of my greatest love is skiing! I've skied all over the back country in Snowbird and Alta. I've also done helicopter skiing, when they drop up you off on top of a mountain and ski down.



ANGEL CORTES- MARKETING COORDINATOR

I was born in Puerto Rico. Something interesting about me is that if you translate my name into English, it means "Polite Angel."

I graduated from the University of Utah with a Bachelor's degree in Strategic Communication.

I love baseball, specially the N.Y. Yankees. My dad was an amateur player and is in Puerto Rico's Baseball Hall of Fame.



WINTERIZING YOUR EQUIPMENT

HERE ARE SOME WAYS TO KEEP YOUR EQUIPMENT IN GOOD SHAPE DURING THE WINTER SEASON.

Metal Ramps:

Use sand or kitty litter to prevent snow and ice build up. The chemicals in salt or ice melt can damage and age the ramp faster.

Avoid using a metal shovel or a metal tipped shovel.

It can scratch the surface, allowing water in and weakening the ramp. You can also use a broom to sweep the snow off or a plastic shovel.



Power chairs:

Avoid taking it outside for long periods of time if it's snowing or wet outside. Most batteries sit low on the chair and are close to the ground.

If possible, try to store it indoors. If unable to, cover with a large tarp or heavy blanket.



El Rinconcito

Estarnos Cerrado:

Martes, Enero 1
Lunes, Enero 21
Lunes, Febrero 18

¡Queremos Escuchar De Ti!

Enero 10 - 12-2.

El Centro de Vida Independiente del Estado de Utah estará aquí para organizar un grupo de enfoque del plan estatal. Quieren escuchar sus opiniones acerca de su comunidad y lo que debe mejorar para las personas con discapacidades.

Enero Activities

1/9: - Ven y díganos qué tipo de clases deseas que ofrezcamos.

1/15: Juegos de Casino— Aprende a pre-supuestar y jugar juegos de casino. Se servirán aperitivos.

1/16: Cocinar - No más de 10 Consumidores.

1/22: Boliche - BYU Wilkinson Center.

1/29: Búsqueda de Empleo — Practicaremos como buscar trabajo. Se servirán aperitivos.

Febrero Activities

2/6: Vamos a tener Paratransit y la Alcaldesa estara presente.

2/12: Relaciones Saludables- Aprende a construir relaciones saludables. Se servirán aperitivos.

2/13: Costura- No más de 6 Consumidores.

2/20: Cocina- No más de 10 Consumidores.

2/27: Taller de discapacidad y ceguera- Los representantes del DSBVI y el Centro para Personas con Discapacidades de Utah, Logan, UT estarán presentes.

VIVIENDO BIEN CON UNA DISCAPACIDAD

Estamos organizando un taller de 10 semanas para personas con discapacidad **comenzando el 7 de febrero de 5 PM a 7 PM**. Aprenderán habilidades para ayudar a lograr una mejor calidad de vida en varias áreas:

- Creando cambios positivos en las actividades diarias.
 - Aprendiendo a planar y alcanzar metas.
- Reducir las limitaciones y los posibles costos de salud.
- Aumentar la conciencia de los derechos de discapacidad.

Si planea venir, NECESITA ASISTIR A LAS 10 SEMANAS DE CLASES. Será por la tarde, por lo que no se ofrecerá transporte. Si no puede participar esta vez, planeamos tenerlo nuevamente a finales de este año.

(Class Times May Vary)

January 2019



Monday	Tuesday	Wednesday	Thursday	Friday
NO CLASSES THIS WEEK!	1 Office Closed (New Years Day)	2	3	4
7 CALL TO RSVP FOR CLASSES	8	9 Annual Planning/ Advocates First 12-2	10 State Plan Focus Group 12-2	11 Work Ready Workshop 10-11
14 CALL TO RSVP FOR CLASSES (& Next Week)	15 Casino Day 12-1:30	16 Cooking Class 12-2	17	18 Work Ready Workshop 10-11
21 OFFICE CLOSED (MLK Jr. Day)	22 Bowling 12-2 No Transport	23	24 Legislative Training 10-2	25 Work Ready Workshop 10-11
28 CALL TO RSVP FOR CLASSES	29 Job Search & Cookies 12-1:30	30 Awareness Night 4:00-5:00pm	31 LCPD Reception 4:30-6:30 PM	

January Activities

Jan. 9: - Come let us know what classes you want us to offer. Advocates First will be held afterwards.

Jan. 10: State Plan Focus Group: See Front Page

Jan. 15: Casino Day— Learn how to budget and play Casino games. Light refreshments will be served.

Jan. 16: Cooking- Limit 10 Consumers

Jan. 22: Bowling- BYU Wilkinson Center.

Jan 29: Job Search & Cookies—We'll practice job searching. Snacks will be provided.

February Activities

Feb. 6: Advocates First: Paratransit and Provo Mayor Kaufusi will be here.

Feb. 12: Making Connections- Learn how to build healthy relationships. Light Refreshments will be served.

Feb. 13: Sewing: Limit 6 Consumers

Feb. 20: Cooking- Limit 10 Consumers

Feb. 27: Disability & Blindness Workshop- Representatives from the DSBVI and Utah Center for Persons with Disabilities, Logan, UT will be here.



February 2019

(Class Times May Vary)

Monday	Tuesday	Wednesday	Thursday	Friday
▪ RESOURCE AWARENESS NIGHT ▪ January 30th ▪ 4-5 PM ▪ Lehi Legacy Center February 7th ▪ 5-7 PM ▪ Orem Friendship Center				1
4 CALL TO RSVP FOR CLASSES	5 Shopping	6 Advocates First 12-1:30	7 Living Well 5-7pm No Transport	8 Work Ready Workshop 10-11
11 CALL TO RSVP FOR CLASSES (& Next Week)	12 Making Connections 12-1:30	13 Sewing Class 11-1	14 Living Well 5-7pm No Transport	15 Work Ready Workshop 10-11
18 OFFICE CLOSED (Presidents Day)	19	20 Cooking Class 12-2	21 Living Well 5-7pm No Transport	22 Work Ready Workshop 10-11
25 CALL TO RSVP FOR CLASSES	26 Bowling 12-2 No Transport	27 Disability & Blindness Workshop 12-2	28 Living Well 5-7pm No Transport	

LIVING WELL WITH A DISABILITY

We're hosting a 10 week health promotion workshop for people with disabilities. **It'll be held weekly starting February 7th from 5 PM to 7 PM.** You'll learn skills to help achieve better quality-of-life in various areas:

- Creating positive changes in daily activities.
- Learning to set and achieve goals
- Reduce limitations and potential health costs.
- Increase awareness of disability rights.

If you plan to come, YOU NEED TO ATTEND ALL 10 CLASSES. It'll be held in the afternoon, so transportation will not be offered. If you can't make it this time, we plan to have it again later this year.



YOUTH VORTEX

January 2019

Monday	Tuesday	Wednesday	Thursday
	1 OFFICE CLOSED	2 NO CLASSES	3 NO CLASSES
7 EB: 11-12	8 EB: 10-11	9	10 SPIL Training 12-2
14 EB: 11-12	15 EB: 10-11	16	17 OY: 10-11 EB: 12-1:30
21 OFFICE CLOSED	22 EB 10-11	23	24 Legislative Training
28 EB 11-12	29 EB 10-11	30 DLC Parent Night 5 PM-7 PM	31 LCPD Reception

February 2019

Monday	Tuesday	Wednesday	Thursday
4 EB: 11-12	5 EB: 10-11	6	7 OY: 10-11 EB: 12-1:30
11 EB: 11-12	12 EB: 10-11	13	14 OY: 10-11 EB: 12-1:30
18 OFFICE CLOSED	19 EB: 10-11	20 Youth Game Night 4:30-5:30	21 OY: 10-11 EB: 12-1:30
25 EB: 11-12	26 EB: 10-11	27 Youth Advocacy 4:30-5:30	28 OY: 10-11 EB: 12-1:30

**I will be out of the office
the first week of January.**

DLC PARENT'S NIGHT

January 30. 5 PM-7 PM

The Disability Law Center is holding a training session for youth in transition and their families. It'll be centered on the employment rights of people with disabilities:

- ◇ Employment Discrimination
- ◇ Reasonable Accommodations
- ◇ Work Incentives.
- ◇ And more...

This is an event for both parents and youth. It'll be a good chance to learn about how to get into the workplace.

It'll be held in the afternoon so we can't provide transportation.

Afternoon Activities!

**Come and join us
for Games and
Advocacy!**

***Transportation not available.**

Bret Guercio

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Juab and Sanpete Counties

HEAT ASSISTANCE

There's still time to get an appointment with Six County AOG to apply for HEAT assistance. Call their offices in either in Sanpete County (435-835-2831) or Juab County (435-743-4060). If you need transportation to your HEAT appointment, call me to arrange for that.

ACTIVITIES

Don't come to activities if you're sick! You run the risk of getting more people sick.

Bowling: We'll be bowling in Provo. If you would like to attend, call to reserve your spot on the bus.

Legislative Training: We will be going up to the Capitol to learn about advocacy. I would need a minimum of 3 consumes to make the trip viable.

LCPD Reception: We will be attending the Annual reception at the Capitol. More information can be found on the front page.

TICKET TO WORK PROGRAM

Ability 1st Utah is an employment network for the **Ticket to Work (TTW) Program**. TTW is a program through Social Security that helps people who want to work. If you're receiving SSI benefits, you can increase the amount of money you get if you work. In most cases, it's possible to keep your Medicaid benefits.

Many people are afraid to work because they think that they will lose their benefits. While your financial benefit will decrease, working brings in more income than you get on SSI.

Wendy Hansen

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**The office will be closed:
Dec. 31/ Jan. 1/ Jan. 14/
Feb. 18**

January 2019

Tuesday	Wednesday	Thursday
1	2	3 Shopping
8	9	10
15 Shopping	16	17
22 Bowling-Provo	23	24 Legislative Training 10-2
29	30	31 LCPD reception 4:30 to 6:30

February 2019

Tuesday	Wednesday	Thursday
5 Shopping	6	7
12	13 Movie Day	14
19	20 Shopping	21
26	27	28

Ticket to Work Spotlight

John Davis is one happy guy. John began working part time for Sanpete Shavings Company. After several months, he is now working full time successfully. John has been able to double the amount of money he was receiving on SSI, which has allowed him to purchase an ATV and a vehicle of his own.

Ability 1st Utah staff worked with John to help mitigate the risk of over-payments. John is truly a Ticket to Work success story. We are so proud of him!



Ability 1st Utah Staff

Sandra Curcio
Jhilma Miranda
Deon Anderson
Janine Culver
Wendy Hansen
Kailee Brady
Bret Guercio
Shelly Pitchforth
Kathy Tucker
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Shauna Parks
Cheryl Campbell
Darren Spencer
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*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