



May-June 2019

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Spring Fling!

We will be going to the Utah Independent Living Center
in Salt Lake for a Spring Fling Dance!



May 23rd, 1:30-3 PM.



We will provide the transportation to Salt Lake.
There is limited transport to/from houses,
if you can, meet us at the center before 12:30.



**RUN
WALK
ROLL**



FUNDRAISER RACE
SEPT. 7. 2019

PRE-REGISTRATION:

ENDS: Sept. 6, 2019 by 8 AM!

ONLINE: www.ability1stutah.org

MAIL/OFFICE: Pick up and return completed form (with payment) to: 491 N. Freedom Blvd. Provo, UT 84601

CAMPING TRIP

WHEN: August 13-15. **RSVP:** Starting August 1st.

This year's camping trip will be in American Fork Canyon. We'll be going with consumers from the Ephraim office and the Salt Lake IL Center.

IT'S AN OVER NIGHT EVENT! Bring everything that you need for both nights (extra clothes, medication, hygiene supplies). There are no electrical outlets do if you are in a power chair, you will need to be able to use a manual wheelchair to attend.

If you're unable to stay all three days, we can take a group for the day on August 14.

An application will be introduced later with more information.

El Rinconcito

Vamos a usar el servicio de paratransit para unos de las actividades en Mayo y Junio. Respetar sus normas y procedimientos. No llaman antes, así que prepárense de manera justa.

SI TE REGISTRAS EN LAS CLASES:

- * Llámanos a Lunes para avisarnos si vienes. No vengas sin llamando esperando que haya espacio.
- * Hay algunas clases y actividades que necesitamos tener un límite de consumidores. Parece injusto, pero hay que contar por materiales y tiempo de clase.
- * No se inscriba en las clases si planea irse temprano. es injusto para aquellos que se inscriben en la lista de espera cuando una clase se llena.
- * No llegar más de 15 minutos tarde a clase. Si llega demasiado tarde, es posible que no tenga tiempo suficiente para finalizar cualquier proyecto en el que podamos estar haciendo.

IMPORTANTE!
Cerdamos
Mayo 27 para
Dia de
Memorial

MAYO

5/1: Abogocia

5/7: Compras

5/8: Almuerzo en la Canyon– Vamos a Bridal Veil para lonche. Traeremos bebidas, pero tendrá que traer su propia comida. Encuéntrenos en el centro si puede.

5/14: Cocinar- No mas de 10 consumidores.

5/15: Costura- No mas de 6 consumidores.

5/21: Artes

5/22: Boliche - BYU Wilkinson centro.

5/28: Clase de presupuesto – Aperitivos proporcionados.

5/29: Pelicula- En el centro. Traiga una almohada o cobija. Aperitivos proporcionados.

JUNIO

6/4: Compras

6/5: Legisladores: Tendremos legisladores visitando la oficina.

6/10-12: Consejos de Trabajo – Un taller de tres días sobre empleo. Almuerzo proporcionado los 3 días. **Si traes un amigo, podrías ganar un premio.**

6/18: autoestima– Habilidades sobre cómo mantener una autoimagen positiva. Aperitivos proporcionados.

6/19: Museo de Ciencia & Helado- Traer dinero para helados.

6/25: Computadora

6/26: Costura- No mas de 6 consumidores.

(Class Times May Vary)

May 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Advocacy First 12-1:30	2 Living Well 5-7 NO TRANSPORT	3
6 Call to RSVP for classes/Llama para actividades	7 Shopping/ Compras	8 Picnic - Bridal Veil Falls 11:30-2	9	10
13 Call to RSVP for classes/Llama para actividades	14 Cooking/Cocinar 1-3	15 Sewing/Costura 11-1	16	17
20 Call to RSVP for classes/Llama para actividades	21 Arts & Crafts/ Artes 1-3	22 Bowling/Boliche 12-2 NO TRANSPORT	23 Spring Dance (Pg 2)	24
27 Office Closed 	28 Money Management 1-2:30	29 Movie day 11:30-2	30 Awareness Night! 4-6 PM Provo Library	31

MAY ACTIVITIES

5/1: Advocates First**5/7: Shopping****5/8: Picnic**– Drinks and fruit provided. Bring your own meal. Meet us at the center if you can.**5/14: Cooking**- Limit 10 consumers.**5/15: Sewing**: Limit 6 consumers.**5/21: Arts & Crafts****5/22: Bowling** - BYU Wilkinson center**5/28: Money Management**– Learn money skills and make a budget! Snacks provided**5/29: Movie Day**: It'll be at the Center. Bring pillows/blankets. Snacks provided

JUNE ACTIVITIES

6/4: Shopping**6/5: Advocates First Legislator Meet & Greet!**

We're inviting local legislators to our center.

6/10-6/12: Job/Life Hacks– 3 day workshop on things you did not know about employment. Lunch provided all three days. **Bring a friend and get a prize!****6/18: Self Esteem**– Skills to help maintain a positive self-image. Snacks provided**6/19: Bean Life Science Museum & BYU****Creamery**- Bring money for ice cream/food**6/25: Computer Class****6/26: Sewing**- Limit 6 consumers.

June 2019

(Class Times May Vary)

Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Call to RSVP for classes/Llama para actividades	4 Shopping/Compras	5 Advocates First Legislative Meet & Greet! 12-2	6	7
10 Job Hacks/Empleo 1-2:30	11 Job Hacks/Empleo 1-2:30	12 Job Hacks/Empleo 1-2:30	13	14
17 Call to RSVP for classes/Llama para actividades	18 Self-esteem 1-2:30	19 Life Science Museum & Creamery 11:30-2	20	21
24 Call to RSVP for classes/Llama para actividades	25 Computer Class 1-2:30	26 Sewing/Costura 11-1	27	28

We will be using Paratransit for several of the activities through out May & June. Please abide by their procedures. They do not call ahead so be prepared fairly early.

IF YOU SIGN UP FOR CLASS:

NO WALK INS: Call us at least **ONE DAY BEFORE THE CLASS** to see if we have space available. Do not just walk in hoping there is space.

LIMITED SPACE: We have some classes/activities that we have to limit the number of consumers. While it may seem unfair, it's due to the amount of materials and timing of the class.

PLAN ON STAYING THE ENTIRE CLASS: Do not sign up for classes if you plan to be there for part of the time. It is unfair to those we put on a waiting list when a class gets full.

COME ON TIME: Try not to be more than 15 minutes late. If you come too late, you will not have enough time to finish any projects that we may be working on.

YOUTH VORTEX

MAY 2019

MON	TUES	WED	THUR
		1	2 OY: 10-11 EB: 12-1
6 EB: 11-12	7 EB: 10-11	8	9 OY: 10-11 EB: 12-1
13 EB: 11-12	14 EB: 10-11	15	16 OY: 10-11 EB: 12-1
20 EB: 11-12	21 EB: 10-11	22	23 Spring Dance (page 2)



2019 YOUTH SUMMER PROGRAM!

Fill out an application and turn it in by May 24.

It's on a "First Come-First Serve" basis and we have a limited number of spots. We'll only reserve a spot if you turn in a complete application. We'll start a waiting list if it gets full.

CALL EVERY MONDAY to let us know which activities you are coming to and if you need transportation. If you live in the Northern/Southern parts of the county, try to meet us at a location closer to Provo for pick up/drop off. **Friday activities will have NO TRANSPORTATION!** You will have to make it to the center on your own.

Make sure you're **dressed appropriately for each activity** (I.E for swimming, bring swimwear). We're asking for a voluntary \$50 donation to help with costs. Parents can also help by being chaperones/volunteers.

Application & Complete Calendar:

Bret Guercio - Youth Coordinator
(801) 850-5565
bret@ability1stutah.org

SUMMER PROGRAM: JUNE

DATE	ACTIVITY	LOCATION	RIDE
6/13	BYU Tour & Pool in Rec Center	BYU & Provo Rec.	YES
6/14	Responsibility/Class Garden	Ability 1st Office	NO
6/20	Scavenger Hunt & Movie	Provo Mall	YES
6/21	Healthy Living & DIY Craft	Ability 1st Office	NO
6/27	Park Clean Up	Provo	YES
6/28	Hygiene Plan (Guest Speaker)	Ability 1st Office	NO



CAMPING TRIP

WHEN: August 13th-15th

This year's camping trip will be held in American Fork Canyon. We will be going with both consumers from the Provo Office and consumers from the Salt Lake Independent Living Center. Call me if you want to attend.

IT IS AN OVER NIGHT EVENT. Bring everything that you will need overnight such as extra clothes, all the medication you will need, hygiene supplies, etc.

There are no electrical outlets do if you are in a power chair, you will need to be able to use a manual wheelchair to attend.

IMPORTANT!

We'll be closed May 27 for Memorial Day!

Wendy Hansen

Office: (435) 283-4949

85 W. 100 N. Ephraim, UT 84627

wendy@ability1stutah.org

May 2019

TUE	WED	THUR
	1	2
7 Shopping	8	9
14 Hogle Zoo	15	16
21 Shopping	22	23
28	29	30

June 2019

TUE	WED	THUR
4 Shopping	5	6
11 Dinosaur Quarry	12	13
18 Shopping	19	20
25	26	27

WAYS YOU CAN DONATE TO US!

We've signed up with several organizations to help donate to agency.

Amazon

1. Sign in to **smile.amazon.com**.
2. Go to **"Your Account"** tab at the top of the page.
3. Select the option "Change your Charity" to "Ability 1st Utah".

For more information, go to <http://smile.amazon.com/about>

Now when you make a purchase on **smile.amazon.com**, Amazon will donate 0.5% of eligible purchases to us!

Smith's

1. Go to **smithsfoodanddrug.com/inspire**
2. Sign into your account.
3. Enter our agency's number **(SX024)** and choose "Save" to link to our agency.

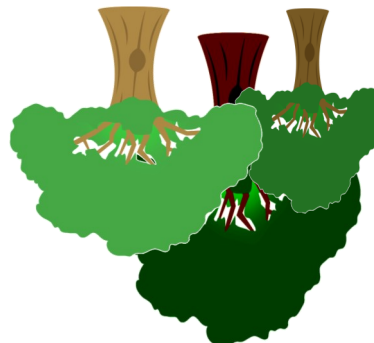
Now when you shop at Smith's with your Rewards Card, they'll donate 0.5% of your total purchase to our agency.

ABILITY 1ST UTAH STAFF

Sandra Curcio
Jhilma Miranda
Deon Anderson
Janine Culver
Wendy Hansen
Shelly Pitchforth
Kathy Tucker
Bryce Harper
Cheryl Campbell
Kailee Rivera
Roy Gerber
Shauna Parks
Bret Guercio
Angel Cortes
Darren Spencer
Cynthia Gonzalez

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

Vision~



www.ability1stutah.org

Fax: 801-373-5094

Phone: 801-373-5044

Provo Utah, 84601

491 N. Freedom Blvd.

Promoting Independence for People with Disabilities

Ability 1st Utah

Return Service Requested