Ability 1st Utah
A VOICE OF OUR OWN
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.
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
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 OVERNIGHT 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.
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
5/14: Cocinar- No mas de 10 consumidores.
5/15: Costura- No mas de 6 consumidores.
5/21: Artes
5/28: Clase de presupuesto – Aperitivos proporcionados.

### Junio

6/4: Compras
6/5: Legisladores: Tendremos legisladores visitando la oficina.
6/19: Museo de Sciencia & Helado- Traer dinero para helados.
6/25: Computadora
6/26: Costura- No mas de 6 consumidores.
### May 2019

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<tbody>
<tr>
<td></td>
<td></td>
<td>1 Advocacy First 12-1:30</td>
<td>2 Living Well 5-7 NO TRANSPORT</td>
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<tr>
<td>6 Call to RSVP for classes/Llama para actividates</td>
<td>7 Shopping/Compras</td>
<td>8 Picnic - Bridal Veil Falls 11:30-2</td>
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<tr>
<td>13 Call to RSVP for classes/Llama para actividates</td>
<td>14 Cooking/Cocinar 1-3</td>
<td>15 Sewing/Costura 11-1</td>
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<tr>
<td>20 Call to RSVP for classes/Llama para actividates</td>
<td>21 Arts &amp; Crafts/Artes 1-3</td>
<td>22 Bowling/Boliche 12-2 NO TRANSPORT</td>
<td>23 Spring Dance (Pg 2)</td>
<td>24</td>
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<tr>
<td>27 Office Closed Memorial Day</td>
<td>28 Money Management 1-2:30</td>
<td>29 Movie day 11:30-2</td>
<td>30 Awareness Night! 4-6 PM Provo Library</td>
<td>31</td>
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### 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.
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<td><strong>3 Call to RSVP for classes/Llama para actividades</strong></td>
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<td><strong>5 Advocates First Legislative Meet &amp; Greet! 12-2</strong></td>
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<td><strong>10</strong> Job Hacks/Empleo 1-2:30</td>
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<td><strong>17 Call to RSVP for classes/Llama para actividades</strong></td>
<td><strong>18</strong> Self-esteem 1-2:30</td>
<td><strong>19</strong> Life Science Museum &amp; Creamery 11:30-2</td>
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<tr>
<td><strong>24 Call to RSVP for classes/Llama para actividades</strong></td>
<td><strong>25</strong> Computer Class 1-2:30</td>
<td><strong>26</strong> Sewing/Costura 11-1</td>
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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 seems unfair, it’s to 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.
## 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

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### May 2019

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### Summer Program: June

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

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June 2019

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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](http://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](http://smile.amazon.com/about)

Now when you make a purchase on [smile.amazon.com](http://smile.amazon.com), Amazon will donate 0.5% of eligible purchases to us!

**Smith’s**
1. Go to [smithsfoodanddrug.com/inspire](http://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

Vision

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