

Ability 1st Utah

A VOICE OF OUR OWN

SEPTEMBER-OCTOBER 2019



STATE FAIR TRIP!

WEDNESDAY, SEPT. 11

We're taking UTA so meet us at a Frontrunner station:

Provo - By 9:00/ Orem - By 9:10/ Amer. Fork - by 9:15

Transportation by us is LIMITED!

Bring what you will need for the whole day (medications, power chair chargers, etc.). **It is outdoors so dress accordingly for the weather.** We'll cover the entrance fee but bring money for lunch or to buy souvenirs.

Halloween Party!

When: 10/23/2019 from 11-2 PM

Where: 1122 N. Grand Avenue, Provo.

Join us for games, costume contests and fun! We have invited several other IL Centers to join us! Refreshments will be served. Transportation from us is limited so try to come by your own means.



ADVOCATES FIRST MEETING SCHEDULE

SEPT. 4: We have Sheri Newton from the Disability Law Center to talk about voting, Avery Pince-Hyder from the Utah Developmental Disability Council, and Robert Jones will discuss the Provo housing Authority.

BOARD MEETING: September 25th @ 9 AM

OCT. 2: We have a representative from BYU come and discuss health and awareness, and a member from the local fire department will discuss how to safe guard your home. **BOARD MEETING: October 23rd @9 AM**

EMPLOYMENT SERVICES

We offer the **Ticket to Work Program (TTW)** to those who receive **SSDI and/or SSI benefits** to help transition into the workforce.

We provide employment support services that help beneficiaries to obtain and retain career ladder jobs that will enable them to leave and remain off benefits.

Work Incentives

The Work Incentives can help you work and keep medical/cash benefits from Social Security. They allow you to remain in control of your finances and health care during your transition to the work environment.

- Keep your Medicaid/Medicare benefits while you work.
- Access to individualized support services.
- You can select part-time or work-from-home alternatives.
- You can try work with confidence, knowing your benefits will continue during your transition period.
- Post-employment services to help maintain your employment.

Meet with our benefits specialist to learn how working affects your benefits and how to track your progress through the program. Contact Janine Culver to discuss how the TTW can benefit you in your quest for financial independence.

JANINE CULVER- BENEFITS COUNSELOR

Ability 1st Utah - Ticket to Work Employment Services

- 491 North Freedom Blvd. Provo, Utah 84601
- Phone: (801) 850-5560 • janine@ability1stutah.org



El Rinconcito

SEPTIEMBRE

- 9/4: Abogocía
- 9/5: Cocinar- No Transportación
- 9/10: Compras- Limitado 5.
- 9/12: Cocinar- No Transportación
- 9/17: Habilidades de
Comunicación Efectiva.
- 9/18: Costura- Limitado 5-6.
- 9/19: Cocinar- No Transportación
- 9/23-9/25: Talleres de trabajo
- 9/26: Cocinar- No Transportación

OCTUBRE

- 10/1: Conduciremos hasta Provo Canyon para ver las hojas de otoño.
- 10/2: Abogocía
- 10/8: Compras- Limitado 5.
- 10/9: Clase de Artes: Limit 10
- 10/10: Boliche- BYU.
- 10/15: Seguro de salud
- 10/16: Costura- Limitado 5-6.
- 10/22: Computadora.
- 10/29: Museo- Details TBA.
- 10/30: Preparación Para Emergencias

VIAJE A LA FERIA

11 DE SEPTIEMBRE

Estamos tomando el tren a la Feria.

Encuétranos en una de las estaciones:

Estación de Provo- 9 AM

Estación de Orem- 9:10 AM

Estación de Amer. Fork- 9:15 AM

Transportacion a las estaciones es LIMITADO.

Traiga lo que necesita para todo el día (medicamentos, cargadores de sillas eléctricas, etc.) La mayor parte de la feria estare afuera, así que vístete para el clima. Pagaremos el costo de la entrada, pero deberá traer un almuerzo/dinero para el almuerzo o si desea comprar recuerdos/ productos.

Fiesta De Halloween!

Dato: 23 de Octubre, 11-2

Lugar: 1122 Grand Ave. Provo



Vengan en traje!

Tendremos


juegos y comida.

Transportación es limitado.

Traten de llegar por sus propios maneras.

(Class Times
May Change)

SEPTEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Office closed 	3	4 Advocates First 12:30-2 (page 2)	5 Cooking Class 4:30-6 NO TRANSPORT	6
9 CALL TO RSVP FOR CLASSES	10 Shopping	11 STATE FAIR (page 1/pagina 3)	12 Cooking Class 4:30-6 NO TRANSPORT	13
16 CALL TO RSVP FOR CLASSES	17 Effective Communication 12-1:30	18 Sewing 11-1	19 Cooking Class 4:30-6 NO TRANSPORT	20
23 Job Hack Workshop (page 5)	24 Job Hack Workshop (page 5)	25 Job Hack Workshop (page 5)	26 Cooking Class 4:30-6 NO TRANSPORT	27
30 CALL TO RSVP FOR CLASSES				

SEPTEMBER

9/4: Advocates 1st
 9/5: Cooking- No Transport
 9/10: Shopping- Limit 5!
 9/12: Cooking- No Transport
 9/17: Effective Communication- Learn communication and social skills. Refreshments provided
 9/18: Sewing- Limit 5-6.
 9/19: Cooking- No Transport
 9/26: Cooking- No Transport

OCTOBER

10/1: Fall Leaf Drive- We'll be taking a drive through Provo Canyon.
 10/2: Advocates 1st
 10/8: Shopping- Limit 5!
 10/9: Arts & Crafts- Limit 10
 10/10: Bowling- BYU Wilkinson Center
 10/15: Healthcare Q&A
 10/16: Sewing- Limit 5!
 10/22: Computer
 10/29: Museum Trip- Details TBA.
 10/30: Emergency Preparedness

OCTOBER 2019(Class Times
May Change)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Fall Colors Drive - Provo Canyon	2 Advocates First 12:30-2 (page 2)	3	4
7 CALL TO RSVP FOR CLASSES	8 Shopping	9 Arts & Crafts 12-2	10 Bowling @ BYU NO TRANSPORT 11:30-1	11
14 CALL TO RSVP FOR CLASSES	15 Healthcare Q&A 2-3:30	16 Sewing 11-1	17 Hogle Zoo Trip (see below)	18
21 CALL TO RSVP FOR CLASSES	22 Computer Class 12-1:30	23 Halloween Party (front page)	24	25
28 CALL TO RSVP FOR CLASSES	29 Museum Trip	30 Emergency Preparedness 12-1:30	31	

JOB HACKS CLASSES

These series of classes can help
you prepare to earn money
through work!

SEPT. 23, 24, & 25
1-2:30 PM

If you bring a friend, you can win a
prize! Refreshments are served.

**Hogle
Zoo**



BE AT THE CENTER BEFORE 9:30 AM!
TRY TO MEET US AT THE CENTER!

We'll pay the entrance fee. **LUNCH IS NOT INCLUDED.**
You need to bring either a lunch or money for lunch or
souvenirs.

It's an all day trip! Bring what you need for the whole
day (medication, an attendee, charger for power chair,
money etc.). If you need other accommodations, let us
know. **Please dress accordingly for the weather!**



YOUTH VORTEX

SEPTEMBER 2019

MON	TUES	WED	THUR
2 OFFICE CLOSED	3	4	5
9 EB: 11:15- 12:15	10 EB: 10-11	11 State Fair (page 1)	12 OY: 10-11 EB: 12-2
16 EB: 11:15- 12:15	17 EB: 10-11	18	19 OY: 10-11 EB: 12-2
23 EB: 11:15- 12:15	24 EB: 10-11	25	26 OY: 10-11 EB: 12-2
30 EB: 11:15- 12:15			

OCTOBER 2019

MON	TUES	WED	THUR
	1 EB: 10-11	2	3 OY: 10-11 EB: 12-2
7 EB: 11:15- 12:15	8 EB: 10-11	9	10 OY: 10-11 EB: 12-2
14 EB: 11:15- 12:15	15 EB: 10-11	16	17 No Class Today
21 No Class Today	22 No Class Today	23 Halloween Party	24 No Class Today
28 EB: 11:15- 12:15	29 EB: 10-11	30	31 OY: 10-11 EB: 12-2

Please check the
calendars for when
there aren't classes/
office closures.

CENTER CLASSES

East Bay Post High:

Mondays @ 11:15

Tuesdays @10

Thursdays @ 12

Older Youth:

Thursdays @ 10

REMEMBER!!

CALL/EMAIL on Mon-
days if you plan on
attending class, whether
you need transport
from us or not, let us
know on Mondays to
account for materials
and time.

YOUTH COORDINATOR

Bret Guercio

Office: (801) 850-5565

Cell: (385) 375-1370

bret@ability1stutah.org

JUAB & SANPETE COUNTIES

SOME IMPORTANT INFORMATION:

There will only be one shopping trip in September. If you need to make medical appointments, try to make them on the shopping day. The more trips in 1 day, the better.

There are several joint activities with the Provo office (and potentially some of the other Independent Living centers):

FALL LEAVES TRIP-

We will be going to visit Provo Canyon for the change in season. Details will be announced later.

HOGLE ZOO-

We will be gone all day so make sure to bring everything you will need. Dress accordingly for the weather.

HALLOWEEN PARTY-

11-2 in Provo.

Wendy Hansen
(435) 283-4949
85 W 100 N
Ephraim, UT 84627



OFFICE CLOSED: September 2-6

September 2019

TUES	WED	THURS
3	4	5
OFFICE CLOSED		
10	11	12
17 Shopping	18	19
24	25	26

October 2019

TUES	WED	THURS
1 Fall Leaves Trip	2	3
8 Shopping	9	10
15	16	17 Hogle Zoo Trip
22 Shopping	23 Halloween Party	24
29	30	31

WAYS YOU CAN DONATE TO US!

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

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".

Go to <http://smile.amazon.com/about> for information.

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 if 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
Bryce Harper
Roy Gerber
Shauna Parks
Angel Cortes
Bret Guercio
Kailee Rivera
Darren Spencer
Kathy Tucker
Shelly Pitchforth
Cheryl Campbell
Wendy Hansen
Cynthia Gonzalez

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