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
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 propias maneras.

VIAJE A LA FERIA

11 DE SEPTIEMBRE
Estamos tomando el tren a la Feria.
Encuentrenos en una de las estaciones:
- Estación de Provo- 9 AM
- Estación de Orem- 9:10 AM
- Estación de Amer. Fork- 9:15 AM

Transportación 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 estrare afuera, así que vistete para el clima. Pagaremos el costo de la entrada, pero deberá traer un almuerzo/dinero para el almuerzo o si desea comprar recuerdos/ productos.

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: Classe 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
(Class Times May Change)

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

**SEPTEMBER 2019**

**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)

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Fall Colors Drive - Provo Canyon</td>
<td>2 Advocates First 12:30-2 (page 2)</td>
<td>3</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>7 CALL TO RSVP FOR CLASSES</td>
<td>8 Shopping</td>
<td>9 Arts &amp; Crafts 12-2</td>
<td>10 Bowling @ BYU NO TRANSPORT 11:30-1</td>
<td>11</td>
</tr>
<tr>
<td>14 CALL TO RSVP FOR CLASSES</td>
<td>15 Healthcare Q&amp;A 2-3:30</td>
<td>16 Sewing 11-1</td>
<td>17 Hogle Zoo Trip (see below)</td>
<td>18</td>
</tr>
<tr>
<td>21 CALL TO RSVP FOR CLASSES</td>
<td>22 Computer Class 12-1:30</td>
<td>23 Halloween Party (front page)</td>
<td>24</td>
<td>25</td>
</tr>
<tr>
<td>28 CALL TO RSVP FOR CLASSES</td>
<td>29 Museum Trip</td>
<td>30 Emergency Preparedness 12-1:30</td>
<td>31</td>
<td></td>
</tr>
</tbody>
</table>

## 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

<table>
<thead>
<tr>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THUR</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td></td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>(OFFICE CLOSED)</td>
<td></td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
</tr>
<tr>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
</tr>
<tr>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
</tr>
<tr>
<td>30</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>EB: 11:15-12:15</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## October 2019

<table>
<thead>
<tr>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THUR</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>EB: 10-11</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>OY: 10-11 EB: 12-2</td>
</tr>
<tr>
<td>7</td>
<td>EB: 11:15-12:15</td>
<td>8</td>
<td>9</td>
</tr>
<tr>
<td></td>
<td>EB: 10-11</td>
<td></td>
<td>10</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>OY: 10-11 EB: 12-2</td>
</tr>
<tr>
<td>14</td>
<td>EB: 11:15-12:15</td>
<td>15</td>
<td>16</td>
</tr>
<tr>
<td></td>
<td>EB: 10-11</td>
<td></td>
<td>17 No Class Today</td>
</tr>
<tr>
<td>21</td>
<td>No Class Today</td>
<td>22</td>
<td>23 No Class Today</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Halloween Party</td>
</tr>
<tr>
<td>28</td>
<td>EB: 11:15-12:15</td>
<td>29</td>
<td>30</td>
</tr>
<tr>
<td></td>
<td>EB: 10-11</td>
<td></td>
<td>31</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>OY: 10-11 EB: 12-2</td>
</tr>
</tbody>
</table>

### Center Classes

**East Bay Post High:**
- Mondays @ 11:15
- Tuesdays @ 10
- Thursdays @ 12

**Older Youth:**
- Thursdays @ 10

### Remember!!

CALL/EMAIL on Mondays 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
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.

### September 2019

<table>
<thead>
<tr>
<th>TUES</th>
<th>WED</th>
<th>THURS</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>10</td>
<td>11</td>
<td>12</td>
</tr>
<tr>
<td>17</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Shopping</td>
<td>18</td>
<td>19</td>
</tr>
<tr>
<td>24</td>
<td>25</td>
<td>26</td>
</tr>
</tbody>
</table>

### October 2019

<table>
<thead>
<tr>
<th>TUES</th>
<th>WED</th>
<th>THURS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Fall Leaves Trip</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>9</td>
<td>10</td>
</tr>
<tr>
<td>Shopping</td>
<td></td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>16</td>
<td>17</td>
</tr>
<tr>
<td>22</td>
<td>23</td>
<td>24</td>
</tr>
<tr>
<td>Shopping</td>
<td>Halloween Party</td>
<td></td>
</tr>
<tr>
<td>29</td>
<td>30</td>
<td>31</td>
</tr>
</tbody>
</table>

Wendy Hansen  
(435) 283-4949  
85 W 100 N  
Ephraim, UT 84627
Ways You Can Donate to Us!

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

Amazon
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

Vision

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

Ability 1st Utah
Promoting Independence for People with Disabilities

Ways You Can Donate to Us!

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

Amazon
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

Vision

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

Ability 1st Utah
Promoting Independence for People with Disabilities